

Wilton-Lyndeborough Cooperative Middle/High School

Wellness Initiatives

School Year 2017-2018

Family and Consumer Science using Hydroponic gardens to grow fresh herbs:

i.e. bok choy, basil, parsley, oregano, and kale



Health Services promoting the following:

5 2 1 Almost None

5 = Eat 5 Fruits and Vegetables each day.

2 = Watch no more than 2 hours of TV, Video games, instant messaging a day.

1 = Get a least 1 hour or more of Physical Activity a day.

Almost None = Drink Almost None of sugar-sweetened beverages such as soda and sports drinks.

Source: www.521almostnone.com