

Nutrition Success Story

Healthy Food Choices for Life!



Fresh Picked Strawberries



Happy Volunteer



Healthy Choices

Lincoln Elementary Community School

Yummy Smoothies All Year Long!

As a Heart Healthy School LECS is constantly sharing with the students the benefits of making healthy choices for life. With the help of their Community School Coordinator and community volunteers, this school is committed to ensuring that students have healthy choices to eat at breakfast, lunchtime and in their rooms throughout the day. Each month a nutritional smoothie is offered to all of the students and staff at lunchtime so that they can enjoy a healthy drink made with fruits and vegetables. To assist in this goal, the Community School Coordinator and her 83 year old mother picked fresh strawberries to put in the freezer so that the students could enjoy them throughout the entire school year. Congratulations to Lincoln Elementary, and we are proud to share their Nutrition Success Story!
