



Student Health  
and Wellness

# Health & Wellness

CPS Marketing Package  
November 2022 - Nutrition

A photograph of a woman with long dark hair and a young girl with dark hair, both smiling and hugging each other. The woman is wearing a grey long-sleeved shirt, and the girl is wearing a white shirt. The photo has a white, torn-edge border.

**EVERY SUPERHERO  
NEEDS A SIDEKICK**

**Marketing Package**  
**November 2022**

**Your Healthy CPS Resources – Nutrition**

Good nutrition is essential for a successful school day and a healthy life.

**At school**, breakfasts and lunches are planned with nutritional value as a top priority. Our [nutrition guidelines](#) make sure that every meal is both delicious and nutritious. Programs like the [CPS Farm to School](#) program help incorporate local ingredients and produce in school meals.

**At home**, students can learn the value and importance of nutrition. Programs like [SNAP](#) ensure that no family has to worry about getting healthy food on the table.

Whether it's at school or at home, the Office of Student Health and Wellness can help connect you with the resources you need, including [SNAP and Medicaid](#), to ensure proper nutrition for your family.

To learn more about all services that CPS Office of Student Health and Wellness can offer, please visit [cps.edu/oshw](https://cps.edu/oshw) or call the Healthy CPS Hotline at (773) 553-KIDS (5437).

**Los recursos saludables de CPS - Nutrición**

Una buena nutrición es indispensable para tener una exitosa jornada escolar y alcanzar una vida saludable.

**En la escuela**, los desayunos y almuerzos se planean tomando el valor nutricional como prioridad principal. Nuestras [pautas nutricionales](#) aseguran que cada comida sea deliciosa y nutritiva. Programas como el [CPS Farm to School](#) ayudan a incluir ingredientes y productos locales a las comidas escolares.

**En casa**, los estudiantes pueden aprender el valor y la importancia de la nutrición. Los programas como [SNAP](#) aseguran que ninguna familia tenga que preocuparse por llevar alimentos sanos a la mesa de su casa.

Ya sea en la escuela o en el hogar, la Oficina de Salud y Bienestar Estudiantil puede ayudarlo a obtener los recursos necesarios, incluidos [SNAP y Medicaid](#), que garanticen una nutrición familiar adecuada.

Para obtener más información sobre los servicios que ofrece la Oficina de Salud y Bienestar Estudiantil de CPS, visite [cps.edu/oshw](https://cps.edu/oshw) o llame a la línea directa de Healthy CPS al (773) 553-KIDS (5437).