



A local initiative of pediatric health care providers dedicated to supporting Rhode Island students in developing a **healthy, confident relationship with food, their bodies, and overall well-being.**

Our Online & In-Person Offerings:

<i>Resource</i>	<i>Benefit To Your School</i>
Research-Based Lesson Plans	Access to cost-effective and/or FREE expert-reviewed curriculum materials focused on nutrition and positive body image. Preschool, School Aged, Middle & High School grade levels all available Highlighting a Focus on Health Behaviors & Body Acceptance Shifting the focus from body size and good food/bad foods, these lessons allow all children to explore food & bodies without shame; the best way to facilitate learning and positive health behaviors.
Quick References For Your School	Our website offers a range of easy to use references to support your lesson plans and school culture in promoting positive body image and age-appropriate nutrition behaviors, including: Guidance building a supportive classroom library with our free Book Resource List Refer to our easy-to-use Quick Tips downloadable resource to review simple shifts you can bring to your current lesson plans
Professional Development	In-school and virtual trainings available Trainings and workshops for teachers, administrators, and staff on how to best support children in fostering a healthy relationship with food, body, and health-promoting behaviors.

Get Started Supporting Your Students in a Healthy Relationship with Food & Body!

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