

PE-Nut



National Kidney Foundation®
of Michigan

PE-Nut is a whole-school nutrition education program for elementary students provided by the National Kidney Foundation of Michigan! PE-Nut stands for Physical Education and Nutrition working together. Schools pick the services that fit their unique school environment.

Resources available include:

Nutrition Lessons

Classroom Materials

Food Samplings

Parent Educational Opportunities

Physical Activity Breaks



Program results from 2015-2016:

- 80% of administrators reported that students were eating more fruits and vegetables
- 90% of administrators reported an increased awareness of the importance of healthy foods.

NKFM serves over 15,000 youths annually with nutrition education programs

"I absolutely love this program. The students enjoyed the fit bits, nutrition resources, and the interactions with our Nutrition Educator." -Participating teacher



For more information and pricing options please visit www.nkfm.org or contact:

Caitlin McEvelly Rosenbach

cmcevilly@nkfm.org or (313) 259-1574