



Helping the Alberta Government Achieve Its Goals

Making Life Better for Alberta Children

APPLE Schools is an innovative, school-focused health promotion project that makes students' lives better by changing healthy eating, physical activity, and mental health habits.

- Relies on **peer-reviewed evidence to improve nutritional outcomes** of students, particularly those in need. Healthy students achieve higher academic performance.
- **Empowers vulnerable school communities in building capacity** to develop their own school-specific plans.
- **Addresses the inequities that exist within school communities**, and actively teaches leadership skills to girls.
- **Builds school environments where students want to be** because they know they are supported and safe.
- **Addresses mental health issues** and teaches coping strategies to ensure students' well-being.
- Can **save over \$33 - \$82 million annually in avoided health care costs**. Developing healthy habits at a young age leads to making healthier choices as adults.
- Works with school jurisdictions to select vulnerable schools for the project to **focus efforts on those who need the most support**.

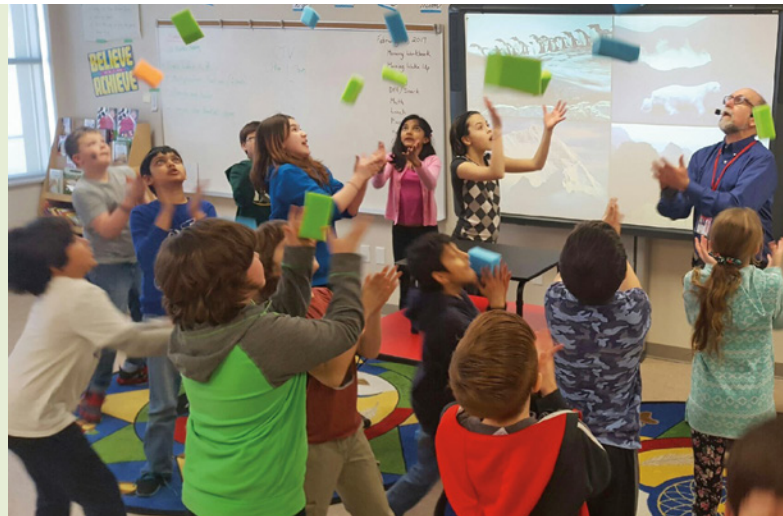
"By educating students and staff, and promoting healthy eating throughout our school, we are well on our way to having a happy and healthier school!"

ALYSSA KOWALCZYK, SCHOOL HEALTH CHAMPION, FORT McMURRAY ISLAMIC SCHOOL

Achieving Measurable Results

Since 2007, APPLE Schools:

- Increased students' vegetable and fruit intake by 10%, and decreased overall caloric intake by 237 calories per day.
- Increased students' physical activity by 35%.
- Decreased the likelihood of obesity by 40%.
- Improved the quality of life, leadership abilities, productivity, and learning outcomes of students.
- Established the essential conditions for implementation of comprehensive school health in Alberta through research from the School of Public Health, University of Alberta.



Students at St. Martha in Fort McMurray take a break during their lesson to play a game and stay active.

Reaching More Underserved Children in Alberta

GOAL 1

Expand to 10 new vulnerable schools by Sept. 2018

GOAL 2

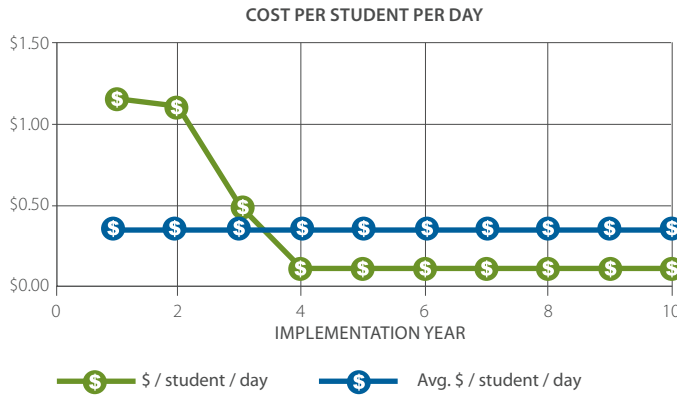
Continue expanding to 10 new schools every three years

GOAL 3

Support 31,000 students annually starting 2028

Cost of the Solution

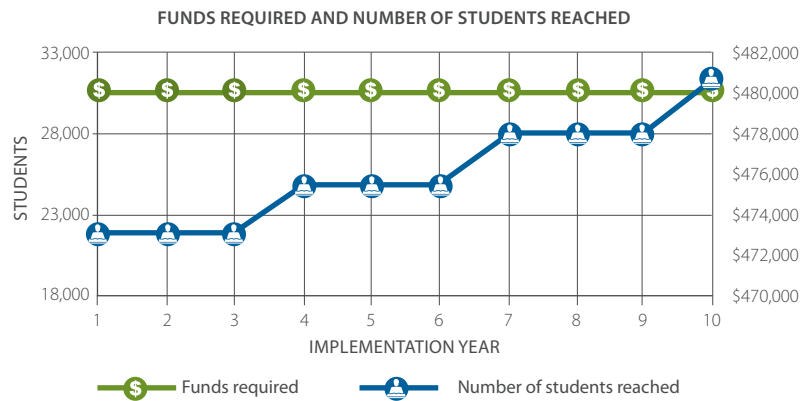
The APPLE Schools project is a cost-effective solution that reaches students and their families. Once a school has gone through the initial three-year implementation phase, the maintenance cost is just \$4,500 per year.



Maintaining an APPLE school costs less than 10 cents/student/day

APPLE Schools becomes more cost effective over time

APPLE Schools needs a minimum of \$480,000 per year to maintain existing schools, and continue to expand to ten new school communities every three years.



With ongoing support, APPLE Schools continually reaches more students

Your Impact

Your donation will ensure a lifelong impact on thousands of vulnerable children as APPLE Schools is a sustainable project. Your organization can open the door to opportunities they do not have, and offer them the chance to thrive as healthy, confident, educated individuals.



If you would like to see more stories that showcase what an APPLE school looks like, please visit our website at www.appleschools.ca and click on the SCHOOLS tab, or contact magdalena.pawlowski@appleschools.ca.