



Helping Alberta Children and Communities Achieve Health Goals

APPLE Schools is an innovative, school-focused health promotion project that changes the lives of children by improving their healthy eating, physical activity, and mental health habits.

APPLE Schools Supports Industry Community Goals

- **Contributes to a healthy and educated future workforce** by improving children's and families' quality of life through mental health, physical wellness, and healthy eating education.
- **Empowers vulnerable school communities in building capacity** to develop their own school-specific plans.
- **Helps schools develop long-term strategies that are sustainable and effective.** Students take their learnings to heart and model healthy living inside and outside their school.
- **Transforms communities** by empowering schools to lead and be healthy.
- **Works with local partners to make sure healthy food is accessible** at school. This includes breakfast and lunch programs, and ensuring a consistent supply of fresh fruits and vegetables.

Achieving Measurable Results

The project is driven by peer-reviewed research, so we know that it works. Since 2007, APPLE Schools has:

- Increased students' physical activity by **35%**.
- Decreased student obesity by **14%**.
- Improved the quality of life, leadership abilities, productivity, and learning outcomes of students.

“I really like taste testing. I get to try new foods and decide what I like and don't like. I really like hummus!”

GRADE 5 STUDENT, BILL WOODWARD SCHOOL



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

High Return on Investment

For every \$1 spent on APPLE Schools, \$13 in future health care costs are avoided. APPLE Schools can help Alberta **save \$33 - \$82 million** annually in avoided health care costs. Developing healthy habits at a young age leads to making healthier choices as adults.

Reaching More Underserved Children in Alberta

GOAL 1

Expand to 10 new vulnerable schools by Sept. 2018

GOAL 2

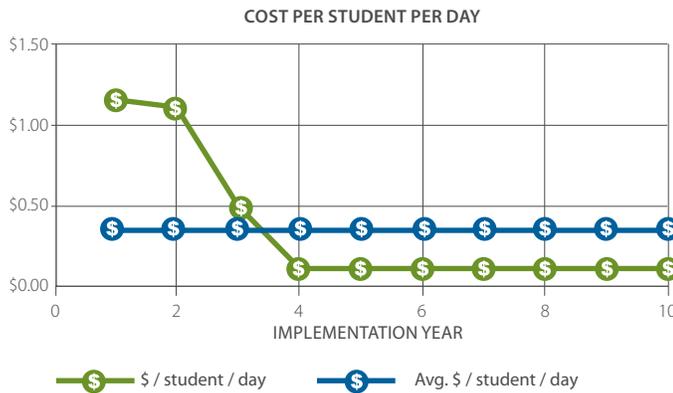
Continue expanding to 10 new schools every three years

GOAL 3

Support 31,000 students annually starting 2028

Cost of the Solution

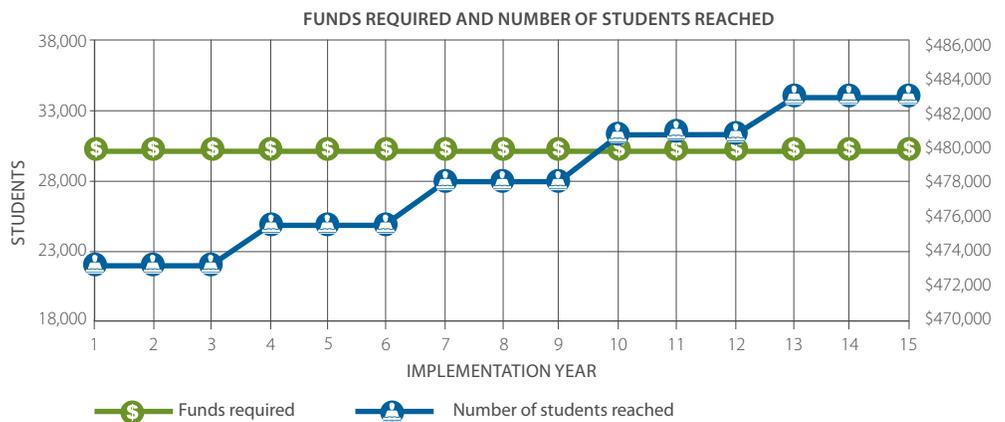
The APPLE Schools project is a cost-effective solution that reaches students and their families. Once a school has gone through the initial three-year implementation phase, the maintenance cost is just \$4,500 per year.



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.



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.