

Kids Teaching Kids®
Healthy Lifestyles

Join the 21-Day Snacking Challenge!

Kids Teaching Kids offers healthy resources, created by high school students for elementary students, designed to build healthy habits in 21 days! Resources include:



Creative
recipes



Wellness
videos



Activity
videos



A personal
snack log



Completion
rewards



January 12 - January 19, 2026

Registration

January 19 - February 8, 2026

Challenge

Final Assessment: Feb. 23 - March 3, 2026

A special thanks to our sponsors:

United Way Dallas | Advocare | Retro Fitness |
Texas Ranger Foundation

To sign up,
scan the QR
code or visit
[kids-teaching-
kids.com](https://kids-teaching-kids.com)



HCA  Houston Healthcare®
kids teaching kids
HEALTHY LIFESTYLES

Kids Teaching Kids®
Estilos de vida saludables

Únete al desafío de bocadillos de 21 días

Kids Teaching Kids ofrece recursos saludables, creados por estudiantes de secundaria para estudiantes de primaria, diseñados para desarrollar hábitos saludables en 21 días. Los recursos incluyen:



Recetas
creativas



Videos de
bienestar



Videos de
actividades



Un registro
personal
de bocadillos



Recompensas
por
cumplimiento



January 12 - January 19, 2026

Registro

January 19 - February 8, 2026

Desafío

Evaluación final: February 23 - March 3, 2026

Un agradecimiento especial a nuestros patrocinadores:

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Texas Rangers Foundation

Para registrarse,
escanee el
código QR o visite
kids-teaching-
kids.com



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