



Blue & You  
**FOUNDATION**  
For a Healthier Arkansas

# HEALTH INITIATIVES

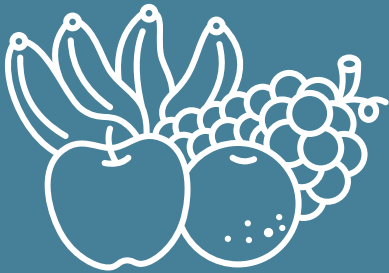
AT A PUBLIC SCHOOL, COLLEGE, OR UNIVERSITY



## CALMING ROOMS

Creating a safe space for students to refocus and emotionally regulate when they are feeling overwhelmed or anxious with:

- journals
- coloring books, puzzles, games
- sensory objects
- comfy furniture
- soft lighting
- sound machine



## FOOD PANTRY SUPPLIES

- Fresh Proteins
- Fresh Fruits & Vegetables
- Dairy
- Whole Grains
- Healthy Fats
- Pantry Supplies



## HYGIENE PRODUCTS

Providing for students who are unable to obtain necessities such as:

- Deodorant
- Feminine Pads, Tampons
- Facial or Body Wipes
- Soap, Shampoo, Conditioner
- Brushes, Picks, Combs
- Toothbrushes & Toothpaste



## FINANCIAL LITERACY

Support for financial literacy classes to help students learn how to:

- Earn
- Manage
- Invest



## PREVENTATIVE PROGRAMS

That cover:

- health
- safety
- social issues