



# Efscharibari

Israel National Program for Active  
and Healthy Living

## For a better future



אֶפְשָׁרִיבָרִיא   
התכנית הלאומית לחיים פעילים ובריאים





# Efsharibari

A joint national effort led by the Ministry of Health, the Ministry of Education, and the Ministry of Culture & Sport to create an environment that enables the choice of a healthy diet and regular physical activity by expanding the commitment of government institutions and stakeholders.



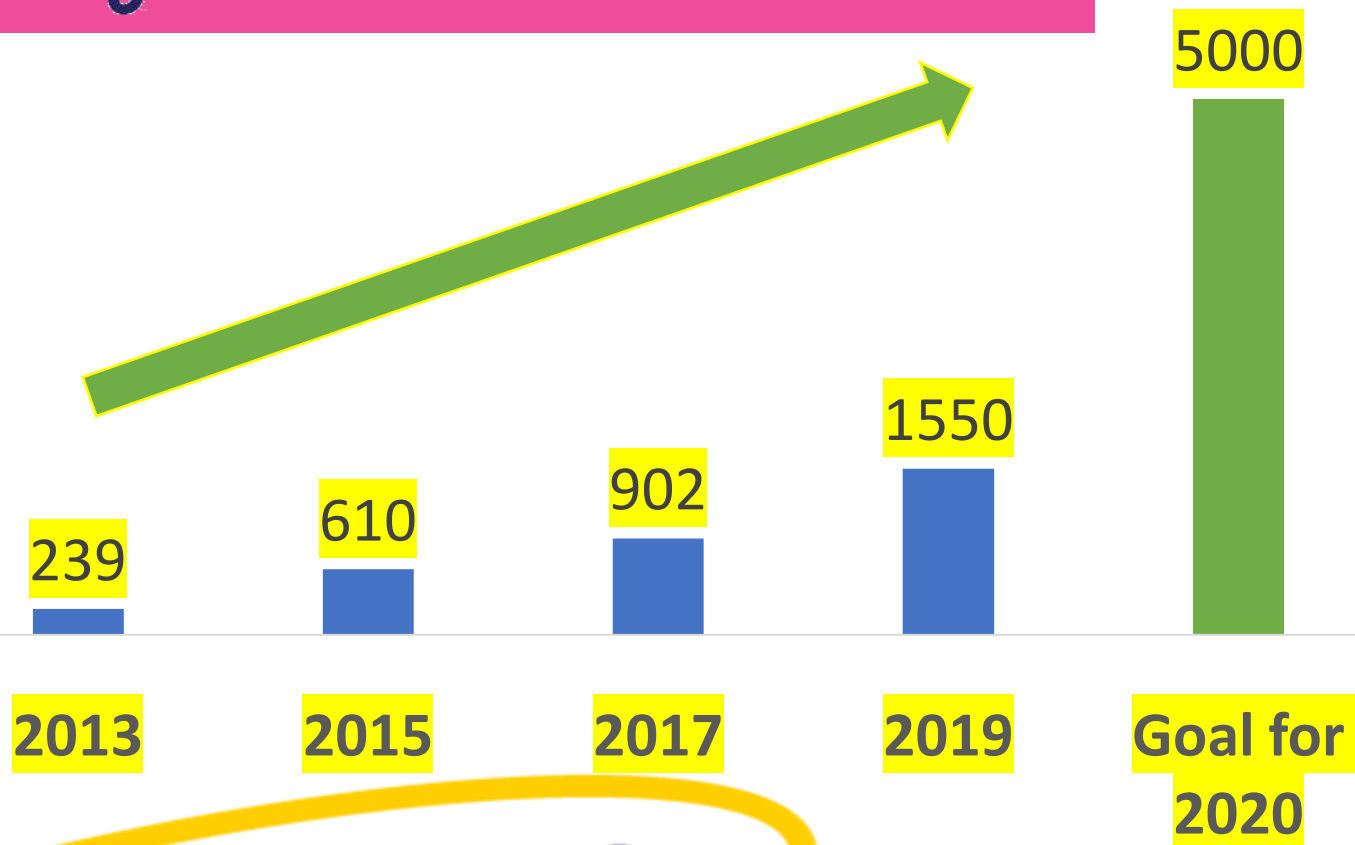
## Efsharibari

Israel National Program for Active  
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Has developed into a strong brand, willingness to lend its logo to products, workplaces, municipalities and schools has encouraged numerous changes across institutions benefiting public health tremendously.



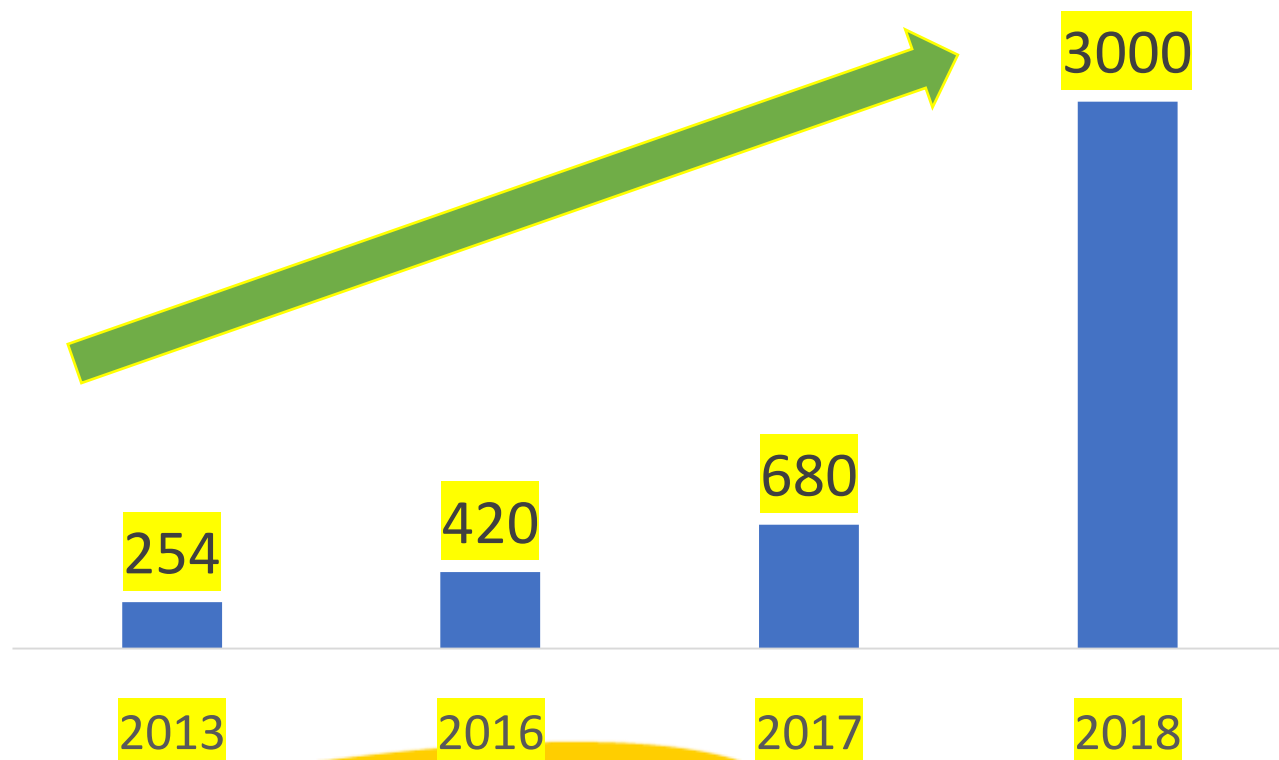
# Efsharibari Schools



Data: Ministry of Education



# EfsharibariKindergartens



Data: Ministry of Education





# Eating Healthy

Regulations on cafeterias and food & beverages selling machines.

Development of healthy nutrition and activity programs:

Continuous Health Promotion and Nutritional training for teachers and educational staff.



# Being Active

Directive to add 90 Minutes of Physical Activity Each Week

New Tools and Programs Developed for the Educational Staff.





