

For a better future











Efshwibari

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.



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.

Efshwibari Schools

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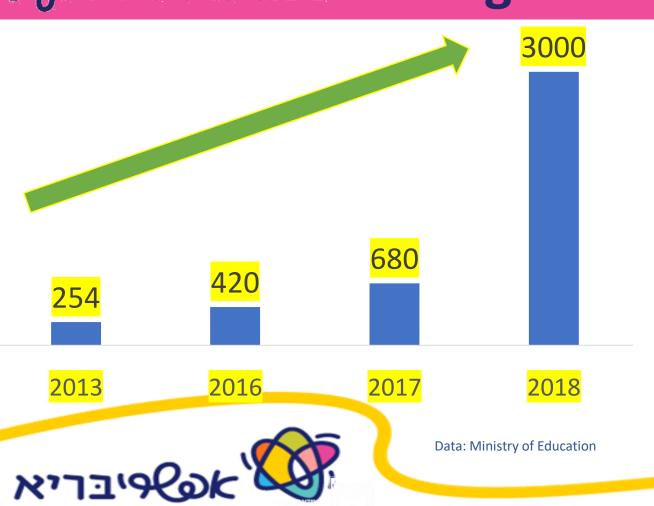


Goal for 2020

Data: Ministry of Education



EfshwibariKindergartens





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.











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Cooking Efshwibari

Eating Efsharibari

Active Efsharibari







