



Healthy Schools 2020 is about working together to support active, healthy eating environments in the schools in our region. This e-bulletin is designed to provide you and your school communities with fun, practical ways to keep healthy nutrition top of mind – in your **school lunch programs, fundraising initiatives, and classroom rewards.**



Best Food Forward: Plan Shop Cook Enjoy!

March is Nutrition Month, and this year's theme is **Best Food Forward - Plan Shop Cook Enjoy!**

Nutrition Month 2013 is dedicated to helping Canadians make healthy food choices when planning meals, grocery shopping, and cooking.

What better time to engage your students and get them excited about healthy eating! Set up **daily morning announcements** or **classroom activities** that encourage students to discuss nutrition and healthy habits.

Visit www.nutrition2013.ca for appetizing tips and more information.

Regional Roundup!

What have teachers and students been up to lately to promote a healthy school environment?

- **Good hydration** was the focus of one school. They got their students excited about carrying a water bottle at school and infusing their water with fruits and veggies!
- Another school held a **healthy jingle competition** in which each class had to create a healthy jingle, rap, poem or song and present it over morning announcements.
- Another school developed a **Milk Moustache campaign** to promote milk consumption.

Visit the [Nutrition Tools for School \(NTS\)](http://NutritionToolsforSchool(NTS)) website to read more about these success stories, or to share one of your own!

A Twist on Easter "Treats"...

Easter is fast approaching! Instead of giving traditional chocolate eggs, try one of these fun options:

- Buy **plastic coloured eggs** and fill them with themed stickers, temporary tattoos, or little Easter decorations.
- Organise a **treasure hunt** with your plastic coloured eggs and get students moving around your classroom or in the playground in search of the hidden eggs!

Planning an Easter celebration at school or home? [Click here](#) to get delicious ideas for healthy baked goods!

Herb Gardens in your Classroom!

Springtime is a good time to get your hands dirty! Get your students involved in planting vegetables and/or herbs in pots in your classroom, or outside in a garden.

Good starter vegetables include carrots, cucumbers, green beans and tomatoes. Everyone will love to watch their garden grow and will be excited to enjoy their final products in the kitchen!

[Click here](#) to get more tips on how to get started with an herb garden!

After School Programs

There are many quality after school programs in Ontario that focus on healthy eating, physical activity, mental health and well-being. [Click here](#) to find out more information about these programs and to promote them to your students.

