

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.**

School's Out!

The end of the school year is fast approaching, making it a great time to celebrate. Here are some fun and healthy celebration ideas:

- ⊗ Have a **field day**. Teams of students from different grades compete against each other in a series of outdoor games (e.g. obstacle course, sack race, tag games, ultimate Frisbee, etc).
- ⊗ Host a **summer theme day or play day**.
- ⊗ Organize a **scavenger hunt**.
- ⊗ Reward the class by having a **reading session outside**.
- ⊗ Walk to a **local park** for a picnic.
- ⊗ Visit a **farm or an orchard**.

Refreshing Healthy Treats

As the month of June brings warm weather, popsicles and frozen ice bars are popular treats for students. Often, these are made with added sugars and artificial flavours & preservatives. Try these healthier alternatives:

- ⊗ **Choose 100% juice popsicles.** Look at the ingredient list for real fruit puree or 100% juice. Avoid products with added sugars like glucose, fructose, cane syrup, honey, rice syrup, etc.
- ⊗ **Try frozen yogurt tubes.**
- ⊗ **Make your own 100% juice popsicles** with this simple recipe:
 - 500 mL (2 cups) of 100% fruit juice (no sugar added)
 - 250 mL (1 cup) of berries, peaches (fresh or canned) and/or mashed bananas

Add ingredients to a blender and blend well.

Pour into popsicle moulds and freeze for 3 to 4 hours.

Makes 6-8 servings of 125 mL (½ cup).

Source: [All Things Food](#)

This recipe meets the P/PM 150 criteria for the Sell Most Category.

End of Year BBQ!

Special-event days may be designated by your school board, allowing for exemption of the PPM 150 nutrition standards for things like end of year school BBQs and graduation events. Encourage the spirit of the School Food and Beverage Policy by serving healthy sides and snacks.

Consider these tasty and nutritious offerings to complement your menu:

- ⊗ *No preparation* veggie platter: baby carrots, grape tomatoes, snow peas, canned baby corn (rinsed and drained)
- ⊗ Tzatziki or hummus with whole wheat pita wedges
- ⊗ Whole wheat crackers with salsa
- ⊗ Assorted fresh fruit in bowls: bananas, oranges, apples, pears, berries, grapes, etc.
- ⊗ Assorted yogurt in a bowl of ice.
- ⊗ Water, 100% fruit and/or vegetable juice, milk, chocolate milk, or yogurt drink.