



Rethink your fundraising this Halloween!

Choose to raise money with healthy fundraisers that involve active events, the sale of non-food items, or the sale of nutritious foods. This helps students practice what they learn in the classroom about healthy eating and you will be sending a consistent positive health message as well as promote health to students and their families.

Try the following ideas for your fundraising event this Halloween:

- Apple grams
- Apples
- Halloween crafts created by students
- Dress-up/costume walk-a-thon

For more ideas of non-food fundraising [click here!](#) Once Halloween is over, consider using other ideas from this list for your fundraising activities all year round!

Promote healthy packed lunches

Don't become the food police!

Remember that many factors can influence what is packed in students' lunches. Rather than making judgements, try to positively promote healthy eating. For example, avoid assessing lunches and snacks brought from home against any nutrition criteria (e.g., School Food and Beverage Policy [PPM 150], Nutrition Tools for Schools© Nutrition Standards), as this may create a stressful eating experience that could result in the child questioning his or her own eating. It can also undermine parents – a vital partner in promoting children's health and well-being.

Visit [Nutrition Tools for Schools](#) and see the [Key Messages](#) for resources that will help you promote healthy packed lunches.

Visit [EatRight Ontario](#) for available resources to support parents to make [healthy packed lunches](#).

Access to active outdoor play – with its risks – is essential for healthy child development!

A group of over 14 recently released a [position statement](#) on access to active outdoor play, stating that “*Access to active play in nature and outdoors – with its risks – is essential for healthy child development. We recommend increasing children's opportunities for self-directed play outdoors in all settings – at home, at school, in child care, the community and nature.*”

The position statement highlights the evidence in favour of active outdoor play and provides recommendations for various stakeholders – including educators and parents – to increase active outdoor play opportunities in school communities and beyond.

