

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.**



Plan new menus with help from students!

Get student input to serve appealing and healthy meals at your school:

- Involve students in meetings with food providers and let students voice their concerns.
- Get their input into menu planning. If they create it, they will eat it!
- Let them taste-test and provide feedback on new dishes.
- Offer new menu items at a discount for a trial period.
- Reflect the cultural diversity of your school. Try trendy dishes served in a fun way e.g, an Asian dish served with chopsticks, a stir fry with a choice of mild to very hot sauces.
- Give menu items funky names provided by the students.

Healthy Halloween Tricks & Treats!

- Hold a pumpkin carving contest.
- Host a parade throughout the school for all to see the great costumes.
- Create a haunted classroom, or decorate a spooky classroom door.
- Provide prizes such as creepy crawly spiders, themed stickers, erasers...
- Add activity to the Halloween fun! Spend time outside playing a game of tag or a Halloween-themed scavenger hunt.

Pumpkins...a Vegetable Worth Knowing!

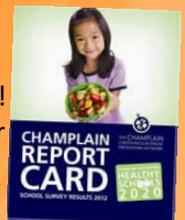
We often think of pumpkins as Halloween decorations... but pumpkins are a powerhouse of vitamins and minerals. Regardless if it is the seed or the pulp, pumpkins offer great health benefits:

- **High in antioxidants:** prevents cataracts in the eyes and protects eye tissue.
- **Excellent Source of Vitamin A:** important for normal vision and healthy growth; protects immune function.
- Also contains **vitamins C and E** and **minerals magnesium, potassium and zinc.**
- The seeds are excellent source of **dietary fibre** and **unsaturated fatty acids.**
- Can be baked, stewed, or steamed. You can purée the pumpkin when cooked and add to muffins, pancakes, sweet breads, and cookies.
- [Click here](#) for a tasty **Pumpkin Cupcake recipe** the entire family is sure to enjoy!

Champlain Report Card 2012

75.9% of Champlain schools completed the follow-up survey in March 2012 with promising results!

Food rewards in the classroom, for example, decreased from 42.3% (2010) to **22.9%**!



Want to see more results? View the report [here](#).

Looking for HEALTHY FUNDRAISERS this School Year?

The **School Fundraising Ideas** document has many healthy options for your school fundraisers. [Click here](#) for a copy!

Need more ideas? Visit www.healthyschools2020.ca

Have an idea to share? Tell us! Email ccpn@ottawaheart.ca

