



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.**

March is Nutrition Month – Get the Real Deal about your Food

Fact or fiction: Is organic food more nutritious than conventional fare? *Fiction!!! Both organic and non-organic foods are excellent sources of nutrients and are grown and produced under strict regulations to make sure they are safe to eat. Buying organic food is a personal choice. For more information visit www.organiccentre.ca.*

March is Nutrition Month and this year's theme is nutrition myths. Visit www.dietitians.ca for more information or contact your local public health unit.

Success Stories from Around our Region...

Voting on Change

"When our school heard about the new PPM 150 guidelines, we knew we needed to change our pizza days. Our student council organized for PPM 150 compliant pizzas to be delivered from 3 different pizzerias. We had a taste test and the students voted on their favourite pizza. The new pizza tasted great and was filled with vegetables, low-fat cheese and whole wheat pizza crust. It's been a hit with the students."

Sleepover Time

"One of the most successful fundraisers we have done at our school is a school sleepover. Teachers volunteer to stay over at the school with the students, and parents pay to have their child sleep over. It has been wildly successful!"

Q: My school is no longer selling chocolate bars as a fundraiser? What are some good fundraising ideas?

A: Fundraising with healthy foods or non-food items is a fantastic way to show that your school is committed to creating a healthy school nutrition environment. Try some of these fundraising ideas.

- ❖ Water bottles with the school logo
- ❖ Energy efficient light bulbs
- ❖ Reusable lunch containers
- ❖ Environmentally-friendly cleaning products
- ❖ Fruits from a local grower
- ❖ Garage Sales

[Click here](#) for a complete list of fundraising ideas and contact information for various fundraising companies.

Celebrate St. Patrick's Day with Colour!

You can help your students practice what they learn about healthy eating by ensuring that your classroom celebrations are healthy. Celebrate St. Patrick's Day with a colourful, veggie snack based on the colours of the Irish flag: green, white and orange.

Let parents know in advance you will be discouraging the traditional 'green cupcakes' in favour of healthy options. Encourage parents to send in assorted green veggies (e.g. green beans, celery, cucumber, zucchini, sugar snap peas or broccoli) or green dips (e.g. guacamole or avocado hummus). Let students lend a hand in arranging the veggies to serve. Fill a hollowed out green pepper with low-fat, ranch dip. Garnish with 'orange' (e.g., carrot sticks, mandarin orange sections) and enjoy. To link with the curriculum, consider discussing the meaning behind each of the colours.

