



HEALTHY SCHOOLS 2020 E-BULLETIN

ISSUE 1: FALL FRENZY!

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.**



Planning a Pizza Lunch Day?

A few simple swaps can make your pizza healthy and tasty.

Instead of...	Try this healthier option...
White crust	Whole wheat crust
Regular tomato sauce	Low-sodium tomato sauce
Pepperoni	Chicken strips
No veggies	Peppers, onions, mushrooms, tomatoes...
Regular mozzarella cheese	Part-skim mozzarella cheese

Make it a “fajita pizza” or “Hawaiian pizza” and create a theme day out of it!

Cafeteria Corner

Looking for ways to make healthy foods appealing and profitable?

Try these simple strategies for increasing healthy food sales:

- Place baskets of fresh fruit near the cash register.
- Give healthy food choices more descriptive names; e.g. “crispy carrots” vs. “carrots”.
- Encourage cafeteria staff to ask, “Would you like a salad with that?”

Fun Fall Fundraisers

Here are some ideas from other schools for successful, fall-themed fundraisers:

- Lawn bag sales
- Pumpkin sales
- Walk-a-thon
- Apple-grams
- Apples

“We partnered with a local grower who was able to provide the apples at a great price.”
– Champlain school

Find a farm in your area! www.justfood.ca/buylocal/index.php

Celebrating Halloween!

Halloween is a fun and creative time for children.

Plan ahead for **non-food** or **healthier** treats for classroom celebrations... and encourage parents to do the same!

- Puzzle games
- Bouncy balls
- Bookmarks
- Extra physical activity time
- Fruit kabobs



Did You Know?

One large slice of pizza contains over **1,000 mg of sodium**. That’s almost a **full-day’s worth of sodium** in one slice! Making healthy adjustments like the ones mentioned above can trim that amount significantly.

Need more ideas? Visit www.healthyschools2020.ca

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



THE CHAMPLAIN
CARDIOVASCULAR DISEASE
PREVENTION NETWORK