

# Nutrition Month 2018

## Activity Ideas List



National Nutrition Month is celebrated during the month of March. This year's theme is "Unlock the Potential of Food". Here are a few examples of activities that you can do in your school. Be creative!

### K-5

- **Nutrition Month Posters**
  - Put-up Nutrition Month poster everywhere in the school.
  - You can order free posters here: [www.dairynutrition.ca/2018](http://www.dairynutrition.ca/2018)
- **5210 Challenge**
  - Activities on the 5210 messages ([www.5210.ca](http://www.5210.ca))
- **Morning announcements**
  - All ready made announcements on nutrition are available to use all throughout the month (see attachment)
  - You can also make your own by asking students to research nutrition tips and read them during school announcements
- **Have a Nutrition Party**
  - Have a class party to celebrate Nutrition Month
  - Have a healthy snack (fruits, yogurt, cheese cubes, vegetables,etc.)
  - Try new fruits or vegetables with the class
  - Students can dress up in the colour of their favourite fruit or vegetable
- **Student Leadership**
  - Encourage students to draw healthy eating pictures and post them on the school walls and on the school website/social media
- **Nutritious Recipe Contest**
  - Develop a school cookbook using staff and students' favourite healthy recipes
- **The Big Great Crunch**
  - On March 1<sup>st</sup> at 2:30pm, have your class bite into an apple and join many people across Canada who will do the same.
  - <https://foodshare.net/program/crunch/>
- **Dance along to the Banana song**
  - Take time to dance and sing the Banana song:
  - [https://www.youtube.com/watch?v=MFmr\\_TZLpS0](https://www.youtube.com/watch?v=MFmr_TZLpS0)

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National Nutrition Month is celebrated during the month of March. This year's theme is "Unlock the Potential of Food". Here are a few examples of activities that you can do in your school. Be creative!

### 6-12

- **Nutrition Month Posters**
  - Put-up Nutrition Month poster everywhere in the school.
  - You can order free posters here: [www.dairynutrition.ca/2018](http://www.dairynutrition.ca/2018)
- **Morning Announcements**
  - All ready made announcements on nutrition are available to use all throughout the month (see attachment)
  - You can also make your own by asking students to research nutrition tips and read them during school announcements
- **Learn about 5210 ([www.5210.ca](http://www.5210.ca))**
  - Take the pledge as a class to follow 5210 A Way of Life
- **Have a Nutrition Party**
  - Have a class party to celebrate Nutrition Month
  - Have a healthy snack (fruits, yogurt, cheese cubes, vegetables,etc.)
  - Try new fruits or vegetables with the class
- **Nutritious Recipe Contest**
  - Develop a school cookbook using staff and students' favourite healthy recipes
- **The Big Great Crunch**
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For more information on Nutrition Month 2018, visit [www.nutritionmonth2018.com](http://www.nutritionmonth2018.com) or contact your local Public Health Dietitian.