

September's Healthy Habits Campaign Message is:

***Respect your body by eating a variety of healthy foods every day!***

Good nutrition is important for kids and adults alike. At each meal, we should all try to fill half our plates with fruits and vegetables, and fill the other half with a whole grain food and a lean meat or other protein. It is also important to eat those low and non-fat dairy foods for calcium and to refresh ourselves with water throughout the day. To help you promote September's healthy habit, this packet contains:

***On page two, you'll find ideas for including healthy eating messages into your morning/afternoon announcements, and for other school-wide nutrition activities.***

**The key points to focus on this month are:**

- It's important to eat a variety of foods, from all of the different food groups so that we get all the goodness that all the different foods have to offer (ie, calcium from dairy products, vitamins and minerals from fruits and veggies, etc.) It's especially important to choose whole grain options for bread, crackers, pasta, etc. and to 'fill half your plate' at each meal with fruits and vegetables.
- Water is the best choice when we're thirsty!
- The energy we need to play and learn comes from the food we eat. To be healthy, we must balance how much energy we put into our bodies with how much energy we use up. If we eat more energy than we need, or don't play enough to use that energy up, there's energy left over that can make us gain weight.

**For more information about promoting good nutrition with your students:**

**Fuel Up To Play 60** (a nutrition and physical activity program from the National Dairy Council and the National Football League): <http://www.fueluptoplay60.com/#3>

**MyPlate** (Nutrition guidelines from the US Department of Agriculture): <http://www.choosemyplate.gov>

## **Morning/Afternoon Announcements Ideas**

Use these announcements throughout the month to call attention to September's healthy habit. Use the messages below or ask your students to write some for you. There are 5 main food groups, and the week has 5 days, so why not highlight a different food group every day of the week?

- This month's healthy habit is to "respect your body by eating a variety of healthy foods everyday". You will be learning all about the food groups and about what you eat can to help you do your best and feel good.
- Remember to drink plenty of water today. Water is an important part of our diets because it is important part of our bodies- our bodies are about 60% water.
- To be healthy we must balance how much energy we put into our bodies and how much energy we use up. We get our energy each day by eating a healthy breakfast, lunch, and dinner and we use up the energy we eat by playing hard for 60 minutes every day.
- This week, we'll focus on a different food group every day:
  - Today, remember that along with other healthy eating choices, it's important to eat plenty of grains, like whole grain bread, cereal, rice or pasta. Grains give us the energy to go strong all day.
  - Today, remember that along with other healthy eating choices, it's important to eat plenty of vegetables. Vegetables come in all kinds of shapes and colors and are packed with vitamins and minerals, which are like super powers to keep us healthy and strong. See how many you can eat today!
  - Today, remember that along with other healthy eating choices, it's important to eat plenty of fruits. Fruits are colorful and delicious and you can eat them or drink them as juice. Check your juice to make sure it says that its 100% juice. This way you'll know that you're drinking the healthy stuff and not a lot of extra sugar.
  - Today, remember that along with other healthy eating choices, it's important to eat some dairy foods. Dairy foods are all made out of milk. Not only do they taste good, but the calcium in them helps the bones in our bodies stay strong so that we can play hard.
  - Today, remember that along with other healthy eating choices, it's important to eat some protein. Protein is what keeps our muscles strong so that we can run faster, jump higher, and play for longer.

## **Other ideas for promoting good nutrition:**

- Create a "healthy habits heroes" program, where you post photos of students and staff "caught" eating healthy or doing nutrition related lessons/activities.
- Create a bulletin board with a picture of MyPlate, pictures of different healthy foods, the healthy habit message this month, nutrition posters made by students, and/or photos of your healthy habits heroes of the month.
- Give staff the opportunity to sign-up to leave healthy snacks or copies of favorite healthy recipes in the break room/lounge throughout one week or the whole month.
- Schedule a brief "Nutrition101" or "Nutrition and Stress" workshop for staff with a Public Health Educator from the Chatham County Public Health Department. Contact Ellie Morris, School Health Liaison for scheduling, [elizabeth.morris@chathamnc.org](mailto:elizabeth.morris@chathamnc.org) or 919-545-8443.
- Put tips and messages related to healthy eating up on your website.