

Eat Right, Play Hard Challenge 2008-2009

January - February

January - Family Day - A Day to Eat Dinner with Your Children

This is a national effort to promote parental engagement as a simple, effective way to raise healthier children. Family Day is meant to emphasize the importance of regular family activities as a way to facilitate parent-child communication and encourage Americans to make family dinners a regular feature of their lives.



Family Day – A Day to Eat Dinner with Your Children™ is a national movement launched by CASA in 2001 to remind parents that frequent family **Dinners Make A Difference!** Although Family Day is celebrated nationally in September, it is our January challenge activity. Any day of any month can be **Family Day**.

Send the **Family Day** flyer home with your students. If you would like the flyer digitally to individualize it for your school, just let us know. Keep track of how many students have a family dinner on a specific day, a specific week or for the whole month! Include one class, one grade or the whole school!

February - Cooking Our Way to a Healthier Life

This recipe contest gives students the opportunity to learn about nutrition and create healthy recipes in the kitchen. It also gives them a chance to cook with an adult and then share their creations with their classmates. Send home a copy of the enclosed flyer and enjoy the results!

Judge(s) can be anyone - administration, a parent, an older student or other staff. You could also collect all the recipes for a school cook book.

Each class that participates can come up with a different theme for their recipe. Classes can compete for the most creative theme. For the top three winners in the school, we will provide a certificate achievement and a Frisbee!

HERE'S HOW YOUR SCHOOL EARNS A "We Mastered the Plan!" BANNER

1. Your school must participate in a minimum of 6 events.
2. Complete the Participation Form included in the September mailing each time you complete an activity.
3. Return it during May to:
Marge Doremus, PhD, RD
Bergen County Department of Health Services
327 E. Ridgewood Avenue
Paramus, NJ 07652

Please contact me at mdoremus@co.bergen.nj.us or 201-634-2709 if you have any questions, comments or concerns.

