

## *Eat Right, Play Hard Challenge 2008-2009*

### *November - December*

#### **November - Question of the Day**

A month-long event that will help students learn about the importance of nutrition by testing their knowledge on a daily basis. The Office of Health Promotion will provide the questions and answers.



Use this activity any way that works in your school. Ask questions to one class, one grade or the whole school. Use the questions (and answers) by themselves to start the day. If you want to use some of your own questions, that is fine too.

You could keep track of students' answers and award prizes at the end of the month to students getting the most correct answers.

The Office of Health Promotion has a supply of grafeeties<sup>®</sup>, bumper stickers for shoes, with messages about physical activity available on a first-come, first-serve basis with a limit of 50 per school.



#### **December - Healthy Holiday Food Drive**

Local food pantries are always in need of nutritious food for your neighbors in need. Spread the holiday spirit by conducting a food drive in your school. The Office of Health Promotion will provide a list for appropriate foods. Health Department staff will pick up your schools donation and deliver it to a Bergen County food pantry.

Use the food drive as a starting point for a short nutrition lesson. Topics that go with the food drive include selecting

- low sodium options for canned vegetables, soups, stuffing mixes or other foods
- whole grain products
- low fat or reduced fat milk options

Enclosed is a sample flyer that you can post to advertise your food drive and a flyer that can be distributed to students and parents. If you would like additional copies or a digital file, contact the Office of Health Promotion.

#### ***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](mailto:mdoremus@co.bergen.nj.us) or 201-634-2709 if you have any questions, comments or concerns.