

Healthy Food In Schools

HEALTHY KIDS | **HEALTHY SCHOOLS** | HEALTHY COMMUNITIES

Let's Celebrate!

Birthday party , field trip, sport tournament, club wrap up, visits with friends and family, music recital, after-school club sound familiar? Children are busy and seem to go from one celebration event to another!

Make the classroom a place to experience delicious, healthy food as well as learning!



What can you do?

- Support the healthy lessons taught in class by making sure parties and celebrations give students an opportunity to practice healthy eating.
- Empower students by having them use what they've learned to help plan events.

A series of celebration sheets are available to help teachers and parents make healthier choices when planning food for school celebrations.

Go to:
www.gov.mb.ca/healthyschools/foodinschools
Topics and Tools
Special Occasions

Call toll free for assistance from the School Nutrition Support Team—1-888-547-0535
Visit our website: www.gov.mb.ca/healthyschools/foodinschools