

The 16th Annual “School Lunch Recipe for Success” Nutrition & Exercise Challenges For 2017-2018



We are partnering with the National Football League’s *Fuel Up to Play 60* to incorporate 60 minutes of physical activity into our Nutrition & Exercise Challenges. Complete the monthly challenge and you could win a brand new bike! Monthly drawings for prizes will also be held for those who participate in the challenges!

Challenges for the Year 2017-2018 School Year

August

Exercise: Try a new sport 1 day a week, to get your 60 minutes of physical activity each day.

Nutrition: Follow MyPlate and make half your plate fruits and vegetables.

September

Exercise: Have fun and dance for exercise this month for 30 minutes once a week as part of your 60 minutes of physical activity.

Nutrition: Choose fresh whole fruit in place of juice this month.

October

Exercise: Can you do a pushup? See how many you can do in 1 minute as part of your 60 minutes of physical activity each day.

Nutrition: Try 4 different varieties of protein foods this month such as fish, lean beef, chicken, pork, nuts, seeds, eggs, or beans.

November

Exercise: Take a walk with a parent/guardian 1 time a week, to get your 60 minutes of physical activity each day.

Nutrition: Try a vegetable from each color of the rainbow this month such as sweet potatoes, broccoli, black beans, squash, red peppers, or eggplant.

December

Exercise: See how many sit-ups you can do in 1 minute, 3 days a week as part of your 60 minutes of physical activity each day.

Nutrition: Make at least half of your grains whole grains this month. Try brown rice, whole wheat bread, or whole wheat tortillas.

January

Exercise: Test your coordination! See how many times you can hula hoop in 1 minute, once a week this month as part of your 60 minutes of physical activity.

Nutrition: Limit added sugar. Choose fruit instead of sweets for dessert and snacks, at least 4 days a week this month.

February

Exercise: Sprint as fast as you can 5 times, for 10 seconds this month as part of your 60 minutes of physical activity each day.

Nutrition: Try not to eat too much salt. Choose snacks without added salt each day.

March

Exercise: Do you have flexibility? Bend down to touch your toes 10 times, twice a week as part of your 60 minutes of physical activity this month.

Nutrition: As part of National School Breakfast Week this month, eat a healthy breakfast everyday.

April

Exercise: How many times can you jump rope? See how many you can do in 1 minute, once a week to get your 60 minutes of physical activity each day.

Nutrition: Celebrate dairy month with us during the month of April! Choose fat free or low fat milk to drink. Choose fat free or low fat yogurt or cheese as snacks to get your calcium and vitamin D!

*****The Grand Prize Bike will be Awarded in May*****

Please cut out & bring to the cafeteria each month:

