

HEALTHY CHALLENGE 2019

PRODUCE MAN WANTS YOUR SCHOOL TO TAKE THE HEALTHY CHALLENGE!

Student & Staff Wellness Challenge in March

The "Challenge" is for **National Nutrition Month®** to eat 5 or more fruit and vegetable servings AND get 30 minutes of physical activity *at least* 5 out of 7 days of your Challenge Week in March. This is a school-wide Challenge! Students & staff in every class are provided a Tracking Chart and turn it in to their school coordinator to be counted toward the schools' total. ****At least one school staff person will sign up to be the coordinator for your school.****

***NEW for 2019:** Schools have some great additional optional opportunities to **earn up to 50 extra percentage points** this year by providing environmental changes: such as **a cafeteria share-table**, conducting a **food waste activity** by partnering with Green Umbrella, **hosting a Produce Pop-up** to provide free produce to families from the Freestore Foodbank, by **servicing locally sourced produce**, and by **offering the KY Nutrition Education Series to staff**, which is provided free by the UK Cooperative Extension Offices in each county. *More information will be provided.*

Your school could win a monetary prize!

The top three schools, one in each size category (small school, middle-size school, large school) will win a monetary prize! Plus a "Random Winner" and a "Most Improved" prize winner. **Sponsored by NKY Health*

Winning Classroom, Winning Student & Staff Prizes

Each school will receive a goody bag of prizes for ONE winning classroom! Also, each school receives a prize for ONE winning student and ONE winning staff person randomly chosen from one of the local sponsors.

Choose your Healthy Challenge Week to participate:

- *Week 1: March 4 – 8 (plus weekend before or after)*
- *Week 2: March 11 – 15 (plus weekend before or after)*
- *Week 3: March 18 – 22 (plus weekend before or after)*

Why eating MORE fruits & vegetables is so IMPORTANT!

Most Americans do not meet the CDC's recommendations for daily fruit and vegetable consumption or the Healthy People 2020 objectives.

"A diet high in fruits and vegetables is important for optimal child growth, maintaining a healthy weight & prevention of chronic diseases such as diabetes, heart disease and some cancers, all of which currently contribute to health care costs in the U.S."

Sources: <http://www.healthypeople.gov/2020> and State Indicator Report on Fruits and Vegetables 2009" Centers for Disease Control and Prevention.



Choose a visit from Produce Man! *

Elementary schools may choose a mini-assembly or lunchroom visit to help promote the start of your chosen Challenge Week!

**This is optional but recommended!*

Register your school ONLINE HERE by the deadline February 15!

For more information, call MONICA SMITH at 859-363-2114 or email at monica.smith@nkyhealth.org



NKYHEALTH
NORTHERN KENTUCKY HEALTH DEPARTMENT

NATIONAL NUTRITION MONTH®

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MARCH 2019

#NationalNutritionMonth