



Action Schools! BC

Food Fit for Sports or Physical Activity Fun Days

Nutritious menu items at school events reinforce healthy eating messages and curriculum, support students in making healthy choices, and provide energy to fuel student participation!

Successful Fun Day Ideas

- ✓ Pizza with vegetables and whole wheat crust
- ✓ Sandwiches on whole grain bread with lean meat and vegetable filling
- ✓ Low sodium chili with a 100% whole wheat bun
- ✓ Hot dogs on 100% whole wheat buns w/vegetables
- ✓ Water, milk, 100% real fruit juice
- ✓ Cut vegetables with dip, veggie kabobs
- ✓ Fresh fruit, fruit kabobs, unsweetened fruit cups
- ✓ Sliced fresh or dried apples in bag
- ✓ Fruit juice slushies (slushed ice and frozen 100% real fruit juice concentrate)
- ✓ 100% real fruit juice popsicles
- ✓ Whole wheat tortilla with cream cheese, grated carrot and sunflower seeds
- ✓ Cheese strings
- ✓ Plain dried fruit
- ✓ Yogurt tubes – try them frozen!
- ✓ Soft tacos with beans and vegetable filling
- ✓ Yogurt sundaes – yogurt with chopped fruit and granola
- ✓ Falafel in pita with tomatoes and tzatziki

Ensure the menu allows students the opportunity to choose a balanced meal. Instead of chips and candy, include milk, 100% real fruit/vegetable juice, cheese, apple slices or crisp raw vegetables and dip and use 100% whole wheat buns. As of 2007, all of the menu items for sale must meet the Guidelines for Food and Beverage Sales in BC Schools.

Planning a Menu

- ✓ Organize a student-parent committee to plan the concession menu.
- ✓ If using a caterer, talk to them about the importance of healthy eating at your school and what healthy menu items they can provide.
- ✓ Talk to local grocery stores and produce farms about a healthy eating donation.
- ✓ Consider the following when developing a nutritious menu:
 - Nutrition
 - Taste
 - Cost for students – should be comparable to other choices
 - Ease of ordering, preparation, and storing (the day of, and for multiple days in case of postponement)
 - Ease of consumption
 - Facilities for selling and preparing food on site (e.g. electrical outlets, cooking facilities)
 - Garbage generation and disposal
 - Ensure at least one person has FoodSafe training

Promotion

- ✓ Involve students in developing a promotional strategy
- ✓ Link healthy choices at Activity Days with your school's other healthy living programs
- ✓ Create fun names with a healthy twist for the menu items (e.g. Mighty Milk, Energizing Muffins, Bone-Building Sundaes)
- ✓ Create posters to promote the new menu
- ✓ Encourage parent support with a letter home
- ✓ Advertise during the morning announcements

*Adapted From: BC Dairy Foundation, Food Fit for Sports Day (2003).
www.healthyeatingatschool.ca*

RECOMMENDED RESOURCES:

- 1 Classroom Healthy Eating Action Resource (K to 7) and Workshop at www.actionschoolsbc.ca
- 2 Action Pages! at www.actionschoolsbc.ca
- 3 Bake healthier recipes from the "Bake Better Bites" cookbook available at www.healthyeatingatschool.ca
- 4 Healthy Eating At School website – www.healthyeatingatschool.ca (refer to Action Pages!)
- 5 Dietitian Services at HealthLink BC Call 811 (refer to Action Pages!)
- 6 Brand Name Food List – www.brandnamefoodlist.ca (refer to Action Pages!)
- 7 Guidelines for Food and Beverage Sales in BC Schools at www.bced.gov.bc.ca/health/2010_food_guidelines.pdf
- 8 Guidelines for Food and Beverages Available at Sporting Events in BC at www.cscd.gov.bc.ca/sport/pdf/sporting_event_guidelines_FINAL_june2010.pdf
- 9 FoodSafe – www.foodsafe.ca