

Food Fit For Sports or Physical Activity Fun Days

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

1. 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

2. Successful Sports/Physical Activity Fun Day Ideas

- Hot dogs on whole wheat buns
- Sandwiches on whole wheat bread with vegetable filling
- Pizza with whole wheat crust and vegetables
- Homemade chili with a whole wheat bun
- Water, milk, unsweetened 100% juice
- Cut vegetables with dip, veggie kebobs
- Fresh fruit, fruit kebobs, unsweetened fruit cups
- Sliced fresh or dried apples in bag
- Fruit juice slushies (slushed ice and frozen unsweetened fruit juice concentrate)
- Frozen juice sticks or 100% juice popsicles
- Unsweetened fruit leather or fruit bars
- Muffins (whole wheat with fruit and nuts) with cheese
- Cheese strings
- Dried fruit
- Dried fruit and nut mix
- Yogurt tubes – try them frozen!

- Small yogurt containers
- Yogurt sundaes – yogurt with chopped fruit, nuts/granola

3. 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

Note: Hotdog Days provide another opportunity to plan a nutritious menu. Since hotdog and hamburger lunches are a popular fundraiser, you may want to improve rather than eliminate (at least at first ...). Ensure the menu allows students the opportunity to choose a balanced meal. Instead of chips and candy, include milk, 100% fruit juice, cheese, apple slices or crisp raw vegetables and dip as supplementary choices and use whole wheat buns. If your school is ready for a major change, why not suggest an alternative menu such as build-a-sandwich or salad day, fruit kabobs, cheese or vegetable pizza, soup and whole wheat buns, or spaghetti with parmesan cheese, chilli or baked beans with raw vegetables and whole wheat buns.

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

Recommended Resources:

1. Action Schools! BC – *Classroom Healthy Eating Action Resource* (refer to Action Pages!)
2. Bake Better Bites recipe book – Dial-A-Dietitian at www.dialadietitian.org (refer to Action Pages!)
3. Healthy Eating At School website – www.healthyeatingatschool.ca (refer to Action Pages!)
4. Dietitian Services at HealthLink BC Call 811 (refer to Action Pages!)
5. Brand Name Food List – www.brandnamefoodlist.ca (refer to Action Pages!)