**PA Announcements**Have a favorite healthy holiday recipe? Well, turn it in and win. [Name of Town] Child Nutrition Program is running a Happy Healthy Holidays Recipe Contest this month. All students who submit a recipe will receive a [insert prize] and one lucky winner from each school will win a [insert grand prize]. Applications will be distributed by your classroom/homeroom teacher.

**Happy Healthy Holidays:  
PA Announcements**

Hey, did you know kids today aren’t getting enough calcium? Head down to the cafeteria today and pick up an ice-cold milk, it’s good for your bones!

Hey, did you know kids today aren’t getting enough potassium? Head down to the cafeteria right now and grab a great snack rich in potassium, like a banana milk smoothie, on the way to your next class!

Hey, did you know kids today aren’t getting enough fiber? Good thing your cafeteria is serving up delicious fiber-rich whole wheat bread.

**Happy Healthy Holidays:  
Menu Blurbs**

**Menu Blurbs**[Name of Town] Child Nutrition Program is running a Happy Healthy Holidays Recipe Contest this month. All students who submit a recipe will receive a [insert prize] and one lucky winner from each school will win a [insert grand prize]. Applications with contest rules will be coming home soon.

It’s a fact: Kids aren’t getting enough calcium. Make sure you have three servings of low-fat or fat-free dairy every day.

It’s a fact: Kids aren’t getting enough fiber. Fruits, vegetables and whole grains are high in fiber. Be sure to make half your grains whole.

Vary your veggies this holiday season…Make sure you eat a variety of veggies with the vitamins, minerals and fiber you need. Serve raw veggies with a dip made from low-fat or fat-free yogurt and watch them disappear.

Focus on fruit this holiday season. Eating a variety of fruits will provide you with nutrients your body needs. Add some fresh fruit and low-fat or fat-free yogurt to a blender and whip up a healthy holiday treat.

Favor the flavor this holiday season. All flavored milks have the same amount of calcium, magnesium, protein and five other essential nutrients as white milk. Heat flavored milk for a healthy treat when it’s cold outside.