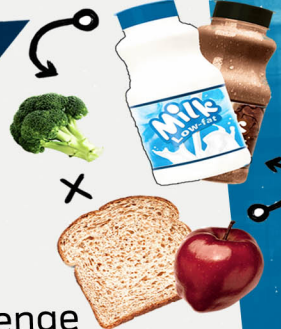




What's On My Tray? School Nutrition Promotion Series



Timing: March

Corresponding Events: National Nutrition Month

Core Activity: What's On My Tray Menu Challenge

Corresponding Healthy Eating Plays: How Many Can You...?

Corresponding Physical Activity Play: ReCharge P.E. with Nutrition or Lunch Break

Background Information

- X MyPlate is the interactive food guidance system developed by the USDA that encourages Americans to make healthier food choices. It encourages the incorporation of a variety of foods into the diet each day. More information and resources can be found at ChooseMyPlate.gov. Additional handouts and posters featuring MyPlate can be ordered or downloaded at www.beefnutrition.org in the Materials section.
 - O Obesity in America has reached epidemic proportions. As a nation, we are overfed and undernourished and are consuming too many foods that are high in calories and low in nutrients. Teaching students to make wiser food choices within each food group is vital to their health as well as their ability to learn.
 - X Choosing foods that are nutrient-rich will provide the most vitamins, minerals and other nutrients for the fewest calories. These include:
 - Brightly colored fruits and vegetables
 - Fiber-rich whole grain foods
 - Low-fat and fat-free milk, cheese and yogurt
 - Lean meat, skinless poultry, fish, eggs, beans and nuts
- More information and teaching resources for nutrient-rich foods can be found at www.nutrientrichfoods.org.



Basic Concept

1. Plan your March menu so you are offering at least one of each of the foods listed on the **Challenge worksheet**.
2. Distribute the **Challenge worksheet** along with the **Teacher letter** to teachers and ask for their involvement.
3. Have an adult volunteer or student team member check off boxes for students who select items from the **Challenge worksheet** for breakfast or lunch.
4. Provide prizes to the students who complete the Challenge.





Expanding the Idea

Make this promotion happen with these ideas:



X Support Materials

These additional materials are available on our website to help make this promotion happen:

- **PA announcements & Menu Blurbs**
- Print MyPlate educational resources from www.NewEnglandDairyCouncil.org> Health & Wellness> Dietary Guidelines or order them through our catalog.
- Order or print MyPlate posters and handouts from www.beefnutrition.org, materials can be used as menu backers, handouts or decorations.
- Print or order resources from www.choosemyplate.gov.

O Connect with the Classrooms

- Use the What's on My Tray Challenge **Teacher Letter** to communicate with teachers about the promotion and ways they can offer support in the classroom.
- Visit www.NewEnglandDairyCouncil.org and visit the Schools tab for creative classroom ideas.

X Prize Ideas:

- Organize a Cafeteria Field Trip, a great opportunity for students to learn about what goes on "behind the scenes" to get school meals ready!
- Fruit & Veggie Giveaways (order at www.pbhcatalog.com)
- Healthy Lifestyle locker cling (order at www.ncescatalog.com)



O Corresponding Plays

- **How Many Can You...?:** Hold contests to see which classroom or grade level can eat the recommended number of servings of nutrient-rich foods from the food groups including fruits, vegetables, whole grains, low-fat or fat-free dairy foods and lean protein foods every day for the month of March.
- **Lunch Break:** Get students active during lunch by having everyone get up and take a short 3- to 5-minute activity break each day. Add some fun by making contests out of the activities.



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