

Eat Well Play Well

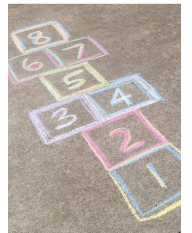
Challenge 2009 - 2010

Vancouver Coastal Health and the Active North Shore Network invites your school to participate in their annual 'Eat Well Play Well Challenge' -

choose 1 school week between Jan 11 and Feb 26, 2010.

Note: You may run this event at another time during the school year.

Goal: To have more kids choose more milk products, vegetables and fruits, more often and be more active.



"Easy to do and worth while - the students were very excited about letting me know the things they were doing to earn points. They also got their families involved."

"My son started making his own lunch to make sure that he had foods that would earn him points. He also managed to eat his whole lunch."



B E N E F I T S

- * It's so easy!
- * Program will help meet learning outcomes of healthy living curriculum
- * Healthy students learn better
- * Recreation Centre passes given out to schools with 3 or more participating classes
- * All students and schools receive 'Eat Well Play Well' certificates

C O N T A C T

Your public health nurse, at 604-983-6700 for more information

"The education has changed the way my child chooses food and helped my child to understand the importance of eating a variety of foods."



"It is a great program that I remembered from last year. I learned a lot about eating healthy foods and leading a well balanced lifestyle."