

The 17<sup>th</sup> Annual “School Lunch Lots 2 Love”  
Nutrition & Exercise Challenges For 2018-2019



*We are partnering with the National Football League’s Fuel Up to Play 60 to incorporate 60 minutes of physical activity into our Nutrition & Exercise Challenges. Complete the monthly challenge and you could win a brand new bike! Monthly drawings for prizes will also be held for those who participate in the challenges!*

**Challenges for the Year 2018-2019 School Year**

**August**

**Exercise:** Try a new sport or game outside 1 day a week this month, to get your 60 minutes of physical activity each day.

**Nutrition:** Follow MyPlate and make half your plate fruits and vegetables.

**September**

**Exercise:** Have fun and dance for exercise this month for 30 minutes once a week as part of your 60 minutes of physical activity.

**Nutrition:** Choose fresh whole fruit in place of juice every day this month.

**October**

**Exercise:** Can you do a pushup? See how many you can do in 1 minute, 3 days a week as part of your 60 minutes of physical activity each day.

**Nutrition:** Eat a healthy school lunch during National School Lunch Week-October 15th - 19th this month.

**November**

**Exercise:** Get your heart rate up! Jog in place for 3 minutes, 3 times a week as part of your 60 minutes of physical activity each day.

**Nutrition:** Try a vegetable from each color of the rainbow this month such as sweet potatoes, broccoli, black beans, squash, red peppers, or eggplant.

**December**

**Exercise:** See how many sit-ups you can do in 1 minute, 3 days a week as part of your 60 minutes of physical activity each day.

**Nutrition:** Make at least half of your grains whole grains this month. Try brown rice, whole wheat bread, or whole wheat tortillas.

**January**

**Exercise:** Test your balance! See if you can walk on a balance beam or on a straight line for 1 minute, once a week this month as part of your 60 minutes of physical activity.

**Nutrition:** Limit added sugar. Choose fruit instead of sweets for dessert and snacks, at least 4 days a week this month.

## February

**Exercise:** Keep your heart healthy! Do jumping jacks for 2 minutes, 2 days a week as part of your 60 minutes of physical activity each day.

**Nutrition:** Try not to eat too much salt. Choose snacks without added salt each day such as smoothies, fresh veggies & dip, or a yogurt parfait.

## March

**Exercise:** Do you have flexibility? Bend down to touch your toes 10 times, holding for 5 seconds each, twice a week as part of your 60 minutes of physical activity this month.

**Nutrition:** Eat a healthy school breakfast during National School Breakfast Week - March 4th - 8th.

## April

**Exercise:** How many times can you jump rope? See how many you can do in 1 minute, once a week to get your 60 minutes of physical activity each day.

**Nutrition:** Celebrate dairy month with us during the month of April! Choose fat free or low fat milk to drink. Choose fat free or low fat yogurt or cheese as snacks to get your calcium and vitamin D!

**\*\*The Grand Prize Bike will be Awarded in May\*\***

**Please cut out & bring to the cafeteria each month:**

