

EAT SMART EVENTS IN IRVINGTON

Dows Lane (K – 3)

1. The entire school (all 500 kids!) will be taking a walk on Monday April 16th.
2. Fresh fruits and vegetables will be offered to kids during P.E. class (underwritten by Aramark, the food service provider)
3. Spring garden clean-up. Get the garden ready for Spring planting!
4. Kingergarten – 1st grade cafeteria orientation. Helps present kindergarteners feel comfortable in the cafeteria.
5. What is your favorite healthy snack? All students will be bringing in their favorite healthy snacks to post on the new wing bulletin board.
6. Spring Vegetable Facts – some fascinating facts about spring vegetables read each morning during announcements.

Dows Lane Students walk along the aqueduct



Healthy snacks are featured on the new wing's bulletin board



Main Street School (4 – 5)

1. Nutrition Label Raffle: bring a healthy or unhealthy nutrition label to school and have a chance at winning a Bulldogs T-shirt.
2. Lunchtime tastings: all students will be having FREE lunchtime tastings during the week: Monday is granola day, Wednesday taste pumpkin monkey muffins, and Friday try fresh veggies and dip.
3. Count your steps: all students will be using a pedometer in gym class and the entire school will count its collective steps.
4. Vegetable facts of the day will be read each morning.

Main Street School students participate in taste tests



Middle School (6 – 8)

1. Healthy Breakfast Week: a free, healthy breakfast will be offered to ALL middle schoolers, courtesy of Stop & Shop, Aramark, and Costco.
2. Grade level pedometer race: each grade will be using pedometers for a day to count their steps. Which grade will win?
3. A nutritionist will talk to students in health and home & career classes about eating a healthy breakfast.
4. Screening of *Super Size Me* and *In the Mix: Nutrition*.
5. Health facts of the day will be read during morning announcements.

High School (9 – 12)

1. Bulletin board about sugar consumption on view in the hallways.
2. Vegetable facts of the day will be read during the morning announcements.
3. Cafeteria survey will be distributed.