

WHAT'S NEW with



Every kid healthy Week!

Every Kid Healthy™ Week is celebrated the last week of April annually. Listed below are ways that that schools are helping students to see how nutrition, physical activity and learning are linked! Everyone in your school and the country can get involved! Some great ideas are listed below:

Classroom Ideas

[Food Art](#)

[Active Learning Opportunities](#)

School-Wide Ideas

[Health and Wellness Fair](#)

[Fitness Classes](#)

[Family Fitness Night](#)

Cafeteria Ideas

[Host a Taste Test](#)

[Rethink Your Drink](#)

For more ideas visit: www.Actionforhealthykids.org

THE NEVER EVER LIST

Do you know about the Never Ever List?

It's a list of 42 ingredients that you'll never find in your school meals because your school serves healthy meals.

Below is the short list!



Daily Laugh! What did the Dad tomato say to the baby tomato? Answer below!

Did You Know?

Revolution Foods provides healthy school lunches and is dedicated to making sure that ALL kids have access to healthy food. Your school has chosen Revolution foods as the school meal provider and we want to hear from you!

Use your phone to scan the QR code below. If you prefer, go to the link further below



surveymonkey.com/r/meals-survey

EVERY KID HEALTHY WEEK 2021 SCHEDULE

APRIL 26 MINDFUL MONDAY	APRIL 27 TASTY TUESDAY	APRIL 28 WELLNESS WEDNESDAY	APRIL 29 THOUGHTFUL THURSDAY	APRIL 30 FITNESS FRIDAY
Social Emotional Health	Nutrition and Food Access	Self-care Strategies	Connectedness, Relationship Skills, Social Awareness	Physical Activity and Active play

TRY IT! VANILLA CONCHA! TRY IT!
New breakfast item coming in April!

Concha is also known as Pan Dulce. A crunchy Vanilla sweet bread with a sweet crumbly topping.



Origin is Mexico

Answer: Ketchup!