



Throughout the month, one day a week, we will have a focus food group during lunch.

On that day, students “caught” eating a GO food from that food group will receive a sticker.

Next Wednesday (3/6), we will focus on DAIRY. Any student, whether they buy lunch at school or bring lunch from home, will receive a milk mustache sticker if they are eating or drinking something from the dairy food group (milk, yogurt, cheese).

GO foods: Examples include fruits and vegetables, whole-grain foods, and unsweetened 1% milk. GO foods are commonly described as “whole foods,” meaning that they’re generally the least processed compared to foods in the same food group/section. These foods are also lowest in salt (sodium) and/or added sugars. In addition, GO foods are lowest in unhealthy fats—that is, solid fats such as butter or lard, as opposed to healthy fats, which are vegetable oils.

WHOA foods: Examples include candy, cookies, chips, fried foods, ice cream, soft drinks, and sugary cereals. WHOA foods are generally the most processed and are highest in unhealthy fats, added sugars, and/or salt.

SLOW foods are in between GO foods and WHOA foods. Examples include sweetened (including flavored) 1% milk, refined-grain foods, and fruit with added sugar.

9 Scientifically Proven Reasons to Eat Dinner as a Family <https://www.goodnet.org/articles/9-scientifically-proven-reasons-to-eat-dinner-as-family>

- FAMILY DINNERS MEAN BETTER FAMILY RELATIONSHIPS. ...
- FAMILY MEALS LEAD TO HEALTHIER FOOD CHOICES. ...
- EATING AS A FAMILY LEADS TO BETTER GRADES. ...
- FAMILY DINNERS ARE A CHANCE TO EXPLORE NEW FOODS. ...
- FAMILY DINNERS LEAD TO GREATER HAPPINESS. ...
- HOMEMADE MEALS PROMOTE PORTION CONTROL. ...
- FAMILY DINNERS EQUAL HEALTHY KIDS.

EAT TOGETHER CHALLENGE

- A meal counts if ALL household members sit down to eat together at the same time.
- A meal eaten at a restaurant or including fast food does not count.
- Eating together in front of the television does not count.

Eat Together Challenge March 2019

On the calendar, put a check or a smiley face on days you ate dinner together and an X on days you did not.

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

What is your family’s goal? _____ days

