

# 100 Daily Announcements

Help your students “eat better” and “move more” with these daily announcements.

## General

1. They say it takes up to ten times of trying a new food to decide if you like it or not. Try a new vegetable like asparagus, beets, radishes, or kale!
2. Help do the cooking at home! Cooking can be fun, and you can learn how foods are prepared. Plus, your parents will enjoy an extra set of hands to help!
3. Get outside! Your body will get Vitamin D and other nutrients. So, spend some time outside in the sun, but don't forget the sunscreen!
4. Play with your food! Make animals, scenes, and holiday themed out of fruits, vegetables, and whole grains. Once you've assembled your fun, eat up!
5. Be adventurous! Expand your tastes to enjoy a variety of foods. Make it a weekly goal to try a new fruit or vegetable – it may end up being one of your favorites!
6. Ask your parent if you can go with them to the grocery store to shop for the family. When you are there, explore the store and talk with them about new, healthy food that you want to try!
7. Make it a goal today to eat the recommended number of servings from each food group, which is 6 servings of grains, 3 servings of vegetables, 2 of fruits, 3 of milk or other dairy foods, and 6 ounces of protein!
8. Ask your mom or dad if you can plan the family meals for a week! Think of ways that you can incorporate as many food groups as possible into each day. Your parents will love the extra help, and it will give you some great experience for when you will need to make your own meals later in life!
9. There are no good or bad foods, but some should be eaten more than others. The best way to make sure that you get a healthy, balanced diet is to eat a wide variety of foods each day!
10. Have you ever read the food label on a package of food? Food labels tell you everything you need to know about what and how many nutrients and ingredients are in the foods



that you eat. Explore the food labels in your fridge and cupboard to learn more about the foods that you eat regularly!

11. Try something fun and food-related with your family this weekend, such as visiting a local farm or community garden! This is a great way to learn about where food comes from and meet some of the people that provide food to our local community.
12. Sitting down to share a meal with your family or friends is a great way to relax, enjoy each other's company, and create closer relationships. Let food be fun and enjoyable – you deserve it!
13. Satisfy your sweet tooth by indulging in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.
14. Take your time and savor your food! Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.
15. Never say never to your favorite foods! Healthy eating is all about moderation and variety and enjoying the food that you eat to fuel your body. If you love ice cream, chocolate, chips, or French fries, just remember to eat them in small portions and balance them with healthier foods throughout the day.
16. Try not to skip meals, especially breakfast! Skipping meals puts stress on your body and slows down many processes that happen in your body.
17. If you don't like fruits or vegetables, keep trying new ones! It can take up to 10 tries before you begin to like a new food. Who knows – it may become one of your favorites!
18. The brain controls all you do, so take good care of it! Protect your brain and don't forget to wear that helmet! Boost your brainpower by eating lots of healthy foods and getting a good night's sleep.
19. Drink water and milk most often! When you are really thirsty, cold water is the #1 thirst-quencher. And there's a reason your school cafeteria offers cartons of milk. Kids need calcium to build strong bones, and milk is a great source of this mineral.



20. What does it feel like to be full? When you're eating, notice how your body feels and when your stomach feels comfortably full. It can take up to 20 minutes for you to feel full, so take your time eating, and when you feel full, stop!
21. Don't forget to take regular study breaks! If you have been doing your homework for a long time, take 5 minutes to walk around, drink a glass of water, go to the bathroom, or close your eyes. Your brain needs time to process everything you are learning!
22. Remember to play it safe in the snow, ice, and cold temperatures during the winter. Wear shoes with good traction, avoid running on sidewalks, and always dress warmly if you are planning to play outside in the snow.
23. Spend time with friends! There are few things that can cheer you up like being around the people you like most.
24. Your body naturally knows much you need to eat, so be mindful of what your stomach is telling you. If you are full, stop eating!
25. Looking for a fun outdoor activity? Plant a garden! It is fun to plant the seeds, water the plants, and see the flowers bloom or vegetables grow in a few weeks.
26. Make it a habit to eat dinner with your family! Turn the TV off and use the time to talk with your family about how your day went and what you are learning at school.
27. Healthy eating is all about moderation and variety and enjoying the food that you eat to fuel your body. If you love ice cream, chocolate, chips, or French fries, just remember to eat them in small portions and balance them with healthier foods throughout the day.
28. MyPlate teaches us that we should fill half of our plate with fruits and vegetables, one-fourth of our plate with whole grains and one-fourth of our plate with protein. What will your plate look like at lunch today?

## **Breakfast**

29. Start your day with breakfast! Eating breakfast gets you going after a long night without food. It also helps you have energy at school. Easy breakfast ideas include a yogurt parfait with fruit or toast with peanut butter.



30. Since our bodies need energy after a night's sleep, start your day with a healthy breakfast. Use plenty of carbohydrates like cereal with skim milk, toast or bread with lean meats and fruit or yogurt.
31. If it is difficult for you to get breakfast in the morning, try setting the breakfast table at night to make your morning a little smoother. While you're at it, why not put out a few boxes of whole-grain cereal on the table to pick and choose from? Then all you will have to do in the morning is pour and add milk!
32. Sometimes you may not have time to eat a full breakfast before you leave for school. Having a glass of milk, cereal bar, piece of fruit, or a cup of juice is a good way of grabbing something fast instead of skipping breakfast altogether.
33. Wake up to fruit! Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt or toaster waffle.
34. Quick-fix foods like whole-grain cereal, string cheese, berries, yogurt, whole-wheat toast, mini bagels, and English muffins make grabbing breakfast a cinch!
35. Contemplate your breakfast plate! When it comes to nutrition, not all breakfasts are created equal. The choice is yours, so choose a smart start! Try low-fat or fat-free white or flavored milk with whole grain cereal and a banana. This week, look for milk and milk product samples moo-ving into the cafeteria!
36. Grab your breakfast-on-the-go with a yogurt and fruit parfait topped with granola. We'll be offering free samples on [day of week, date]. Every time you try a sample, you'll get a sticker that you can place on your tracker!

## **Skip the Screen**

37. Instead of sitting through TV commercials, get up and move around! When you talk on the phone, lift weights or walk around. Remember to limit TV watching and computer time.
38. Make a plan to limit your screen time to 2 hours or less each day. Instead use your time to be with your family, volunteer, or explore a new hobby.



39. Instead of catching a movie or watching TV, pick an activity that requires movement, such as laser tag, bowling, or miniature golf.

## **Physical Activity**

40. Be Active! 60 minutes of physical activity every day is recommended for good health.

Participate in classroom energizers and physical activity to get all your minutes in today.

41. This weekend, be active around the house by doing chores like sweeping the floors, raking leaves, or shoveling snow. These chores add up and help you get your 60 minutes of recommended physical activity in a day. And mom will be happy for help!

42. Try a new activity! What about rollerblading, skateboarding or dancing? Remember 60 minutes of physical activity every day is recommended to keep our bodies healthy.

43. There are 1440 minutes in a day and you only need 60 minutes of physical activity a day for good health. What are you waiting for? Go play!

44. Try to be more physically active every day. Ride your bike to a friend's house or take the stairs instead of using the elevator. These activities will add up throughout the day. As a reminder, strive to get 60 total minutes every day!

45. Is it raining or snowing outside? Play a dance video game or Wii Fit! This is a great way to get in those 60 minutes of physical activity on a rainy day.

46. Find someone to be active with! Ask mom or dad, brother or sister, friend or neighbor. Having an activity partner makes it more fun and enjoyable!

47. Get a variety of physical activity. Balance between stretching, walking and resistance exercises. This will help you stay fit and can prevent injuries. Remember, 60 minutes of physical activity a day helps keep our hearts working properly and helps our muscles develop!

48. Do you have some extra time between classes? Take a longer route to class and include some stairs if you can! The extra exercise will get the blood flowing throughout your body and up to your brain, giving you more energy to concentrate during your next class.



49. Be active as a family! Suggest that your family eat dinner together and then take a walk together around your neighborhood. This will not only add some extra physical activity into your day, but will create family bonding time as well.
50. Gather your friends and make a new game at recess every week! Recess is a great way to enjoy time with your friends, increase your energy after sitting in class, and get in some of the 60 minutes of exercise that you need each day!
51. It's easy to fit physical activities into your daily routine. Walk, bike or jog to see friends. Take a 10-minute activity break every hour while you read, do homework or watch TV. Climb stairs instead of taking an escalator or elevator. Try to do these things for a total of 60 minutes every day.
52. Take advantage of physical activities you and your friends enjoy doing together and eat the foods you like. Be adventurous -- try new sports, games and other activities as well as new foods. You'll grow stronger, play longer, and look and feel better!
53. Being active - whether in sports, dancing in your room, or taking a brisk walk - is the best way to feel good, look good, and give your body what it needs. Exercise is also a great stress reducer!
54. Skip the elevator and take the stairs! Small steps like this can make a BIG difference in helping your body stay strong and healthy.
55. Join an intramural, club or sports team at your school! This is a fun way to be physically active and enjoy time with classmates too.
56. If you live close to school, consider walking or biking to school to get your physical activity started for the day. It will also help you be energized throughout your school day.

## Water

57. It is important to drink at least 8 glasses of water each day. Water is the body's most important nutrient – 2/3rds of our bodies are composed of water.
58. Water helps us digest and absorb food. Without water, we would not be able to process the foods we eat at all! Your body needs water, so drink up!



59. Do you need to drink more water? Bring a water bottle to school and sip on it throughout the day in class. Filling up a 24 ounce bottle 3 times each day will help you meet your daily water needs.
60. Many fruits and vegetables hold lots of water that can help you reach your water goals throughout the day. For example, iceberg lettuce is 95% water, cantaloupe is 91% water, and raw carrots are 88% water.
61. Water is important for your body after any type of physical activity. Skip soda and sports drinks after exercising because they often contain sugars that can further dehydrate your body. Choose water first!
62. Drink up! When you're playing hard, make sure to drink plenty of water. That way, you'll be able to stay in the game.

## Fruits and Vegetables

*There are five "color" groups and each has its own health benefits.*

63. **Blue/Purple:** Blue and purple fruits and vegetables have 'phytochemicals' that help with memory function and can even prevent some types of cancers. Foods in this category include: Blueberries, grapes, eggplant and purple cabbage!
64. **Green:** Green fruits and vegetables contain certain nutrients that help with strong bones and teeth, vision health and may lower the risk of some types of cancer. Foods in this category include: Kiwi, green apples, honeydew melon, green peppers, cucumbers and spinach!
65. **White:** White, tan and brown fruits and vegetables are in this category. These foods help with heart health and can even prevent certain types of cancer. Fruits and vegetables that fit into this category include: Bananas, pears, white peaches, onions, watercress and cauliflower!
66. **Yellow/Orange:** Yellow and orange foods are beneficial for a healthy heart, good vision and can help us keep us from getting sick, even preventing certain types of cancers. Fruits and vegetables in this category include: Grapefruit, lemons, pineapple, yellow peppers, butternut squash and carrots.



67. **Red:** Red fruits and vegetables contain nutrients that promote a healthy heart, memory function, and help protect against certain types of cancers. Fruits and vegetables that fit within the red category include: Red apples, cherries, strawberries, rhubarb, beets and tomatoes.
68. Apples, oranges, bananas, oh, my! There are lots of fruit choices to get your 5 fruits and vegetables a day.
69. Eat a variety of vegetables, especially dark-green, red, and orange vegetables plus beans and peas. Fresh, frozen and canned vegetables all count!
70. Variety abounds when using vegetables as pizza toppings! Try adding broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini to make one of your favorite foods more nutritious.
71. Eating fruits and vegetables is a great way to get the most nutrition out of our calories. They are packed with vitamins, minerals, fiber and other nutrients. So eat your 5 servings of fruits and vegetables today!
72. Try crunchy vegetables instead of chips with your favorite low-fat salad dressing for dipping.
73. Are you ready to take a fruit and veggie challenge? Try to increase the amount of fruits and vegetables you currently eat every day for better health! Look in the cafeteria on [day of week, date] for free samples of fruits and vegetables.
74. Colorful fruits and veggies are great sources of vitamins and minerals that can help protect your health. Get your colors by eating fruits and veggies every day. Every time you purchase a fruit or vegetable in the cafeteria this week, you'll receive a sticker to put on your tracker!
75. The key to healthy snacking is choosing foods like fruits and veggies, which are loaded with important nutrients and are often lower in calories than other foods. Don't forget to use your tracker: keep score as you eat more fruits and veggies.
76. Concerned about health? Take action by eating more fruits and veggies. At mealtimes, fill about half your plate with colorful fruits and veggies — and snack on fruits and veggies for a tasty, convenient treat.



77. Free samples of fruits and veggies will be offered in the cafeteria today! Your vote matters. Vote for which items you would like to have again!

## Grains

78. When you eat grains, your body breaks them down into a nutrient called “glucose.” Glucose is especially important for your brain to work properly. Think of it as “Brain Food!” Grains are great!

79. Kids and teens need around six servings of grains each day. One serving of grains equals one slice of regular sandwich bread, half a cup of oatmeal,  $\frac{3}{4}$  of a cup of cereal, or 3 cups of popped popcorn.

80. There are lots of types of breads such as whole-grain breads, bagels and pita bread. These foods give you carbohydrates for energy, plus vitamins, minerals and fiber. Besides, they taste good! Pasta and oatmeal are also in the grain group.

81. Make half of your grains whole. Whole grains contain fiber, which helps your body digest nutrients slowly and efficiently and helps remove waste products from your body. If you make a sandwich with whole grain bread, you will already have 2 of the 3 recommended whole grain servings!

82. Try a new grain, such as couscous, bulgur wheat or quinoa. Look for recipes with your parents online or in recipe books to add variety to the family meal.

83. Choose whole grain bread when making your sandwiches. Whole grains are packed with vitamins, minerals and fiber to help you be healthy! Remember...make half of your grains whole!

84. When picking grain foods, beware of labels that say “100% Wheat,” “Bran,” “Multigrain,” or “Seven Grain” because they are usually not *whole* wheat products. Instead, look for products that say “100% *Whole Wheat*” or “100% Whole Grain” to get additional fiber, vitamins, and minerals.

85. Sick of feeling hungry an hour or two after you finish breakfast? Whole grains fill you up and keep you going longer. So fill up your day the whole grains way! And remember: mark your tracker every time you eat a food made with whole grains.



86. Carbohydrates — including grains — are the first place our bodies go for energy. Without them, we get tired and weak. But there are two different types of grains, so choose them carefully — go for those that are complex, like whole grains. Make half your grains whole! Special foods made with whole grains are ten cents off in the cafeteria this week.
87. Give your body the fuel it needs. Eat whole grains for breakfast, dinner and lunch. Your body and mind will thank you a bunch. We'll be taste testing whole grain foods in the cafeteria [today/tomorrow/every day this week]. Stop by for a free sample!
88. The whole grain train is stopping at [School Name]! Look for whole grain food samples and games in the cafeteria [today/tomorrow/every day this week]. Stop by for a free sample! Every time you try a sample, you'll get a sticker that you can place on your tracker!

## Protein

89. Protein is the “building block” nutrient that our bodies need to build and maintain strong muscles. Kids and teens need about 2 servings of protein each day. Some examples of a serving of protein include one egg, one tablespoon of peanut butter, or one piece of meat that is the size of a deck of cards.
90. To make meat protein healthier for you, ask your parents to buy lean cuts of meat and ground beef that is at least 90% lean. You can also drain the fat off of meat and remove chicken or turkey skin to make the food healthier!
91. Because it takes a while for your body to digest protein, adding protein to a meal will make you feel full for a long time! Having an egg for breakfast or a turkey or peanut butter sandwich for lunch will help you stay full during the school day so that you can concentrate on class, not on your empty stomach!
92. Most Americans think of beef, pork, and chicken when they think of protein. But did you know that peanut butter, soy, eggs, milk, cheese, nuts, and beans are also great sources of protein? Ask your parents if you can try these other protein sources for dinner this week!



93. Eat seafood in place of meat or poultry twice a week to add more healthy oils into your diet and more variety to your meals! Some great seafood options include tuna, salmon, tilapia, cod and shrimp.

## Dairy

94. Dairy foods, such as milk, yogurt, and cheese, contain **calcium**, a nutrient that is essential for our bodies to not only create strong bones but also contract muscles properly. Take advantage of these foods especially when you are in the lunch line at school – you need three servings each day!

95. Kids and teens (ages 9 to 18 especially) need to work hard to eat or drink 3 dairy servings each day. Their bodies are rapidly growing and using calcium to build up bones during that time. This is the time to ensure great bone health for your future!

96. Yogurt is a great dairy food that is rich in both calcium and protein. If you do not like milk (and even if you do!), try yogurt! It is a great breakfast or snack food that will help you reach the 3 servings of dairy that you need each day.

97. Do you think all bacteria are bad? Think again! Yogurt contains good bacteria that your body needs to help digest food properly. So grab a cup of yogurt – your body will thank you!

98. Sneak milk into some of your favorite foods in order to reach your 3 needed servings of dairy each day! For example, instead of water, make oatmeal, hot chocolate, instant mashed potatoes, scrambled eggs, pancakes and condensed soups with skim milk!

100. Calcium is the most essential nutrient when it comes to bone health. Eat 3 servings of low-fat or fat-free dairy every day to make sure you get the amount of calcium your body needs. We want to grow big and strong!

101. Hot chocolate is a warm and delicious treat in the winter. Try making it with skim milk to add some extra protein and vitamins!

102. Get on your way to a healthier day! Drink low-fat or fat-free white or flavored milk, snack on cheese, or grab some portable yogurt with fruit or granola. The cafeteria is offering 5 cents off each milk, cheese or yogurt item this week.



103. It's no contest — when you “Think Your Drink,” milk scores 10 and soda scores zero. Milk provides nine essential nutrients, and soft drinks do not. So drop the pop — and grab milk in cool plastic bottles. Look for free milk samples in the cafeteria this week.

## **Restaurants and Fast Food**

104. Try to avoid fast food as much as possible, because the portion sizes are often too large and the foods are high in fat and calories. Instead, pack your own lunch or snack, or make dinner at home to save both money and calories.

105. Most fast food and sit-down restaurants post the nutrition information for their menu items online. If you, your friends, or your family are planning to go out to eat, check out the restaurants' nutrition information first to pick the healthiest menu options!

106. People often forget to consider the fat and calories found in today's popular drinks. Watch out for specialty drinks when you are eating out or from the drive-through. Be aware of what you are putting into your body!

107. If you must choose fast-food for a snack or meal, try these healthy tips to make your meal more nutritious: choose grilled instead of fried meats, a baked potato or salad instead of French fries, water or milk instead of soda or sweet tea, and a small ice cream cone instead of a milk shake!

108. When ordering pizza, try mushroom, onions, and green peppers instead of pepperoni and sausage. This swap contains fresher, healthier ingredients and adds some extra vegetables to your day!

109. Do you want to enjoy your restaurant meal twice as much? Eat half of your meal and save the rest for later! Restaurant portions are often two, three, or even four times a normal serving size, so saving part of your meal not only gives you something delicious to look forward to the next day, but it is also healthier for you!

## **Healthy Snacks**

110. Snacks are a great way to keep your energy up throughout the school day and prevent you from overeating at your next meal because you are so hungry. Just remember to



select healthy snacks that cover several food groups, such as cheese and crackers, yogurt and fruit, carrots and hummus, etc.!

111. Instead of eating your afterschool snack in front of the television, eat it at the kitchen table with your brother, sister, friend, mom, or dad. It is great to enjoy some family time together and talk about your day at school.
112. Try to make snacks that have at least two food groups. Examples include: celery and peanut butter, raisins and cereal, fruit and yogurt, cheese and crackers. This way you are getting a variety in your diet and not too much from one food group!
113. Instead of reaching for soda or cookies as a snack, try these other sweet options: A homemade smoothie, apples and peanut butter, fruit salad, and yogurt are all healthy and sweet snacks!
114. Talk with your mom and dad about healthy snacks that you would like to have at home. Having those snacks around will make it easier for you to eat healthy throughout the day!
115. Try a kabob for a fun snack! Skewer fresh fruit on a stick and dip in yogurt.

