



# Theme Days

## Health Events

### World Water Day

March

<http://www.unwater.org/worldwaterday/about/en/>

World Water Day is held on March 22 each year. Promote the importance of water for health in the canteen.

- Offer meal deals with catchy slogans and bottles of water 'hydrate mate combo' or 'keep cool combo'
- Decorate the canteen with blue balloons, streamers and posters about the importance of water.

### Healthy Bones Action Week

August

<http://www.healthybones.com.au/>

Calcium is so important for growing bodies (as well as adults), kids love dairy, so why not plan a theme day highlighting delicious food high in calcium.

- Smoothies – reduced fat milk, yoghurt and fresh fruit
- Cheesies made with reduced fat cheese
- Macaroni cheese – make and serve muffin style for recess (visit the WASCA website for the recipe)
- Warm milo – made with reduced fat milk
- Fruit salad with reduced fat yoghurt
- Offer meal deals such as macaroni cheese with a small flavoured milk.

### Dental Health Week

August

<http://www.ada.org.au/dental-health-week/home>

Held in August each year this is a great way to promote all those foods that are great for our teeth like, dairy foods, leafy greens, apples, carrots and celery.

### Fruit 'n' Veg Month

September

<http://www.crunchandsip.com.au/events/fruit-veg-september/>

Fruit 'n' Veg month aims to increase awareness of the need for all of us to eat more fruit and vegetables. The canteen is a great place to promote this message.

- Fruit cups, fruit smoothies, whole fruit, veggie sticks and dip, corn cobs
- Vegetarian day - have a full day offering only meat free options
- Vegetable frittatas
- Fruit pikelets or muffins
- Vegetable soups and curries.

### Walk or Ride to School Day and Bike Week

March/October

<http://www.walk.com.au/wstsd/>

<https://www.bicyclenetwork.com.au/general/programs/2242/>

<http://bikeweek.com.au/>

Walk Over October is a month of statewide activities and events promoting walking and the health benefits of being active. While Ride to School Day is a national event that promotes safe riding. Think about offering a small healthy breakfast menu for participants.

- Promote a 'walk/ride to school' breakfast – contact your local supermarket for potential sponsorship for the breakfast
- Sell plain bottled water at a discount price
- Work with the PE teacher to award faction points
- Prepare some fruit platters to hand around to students who have walked or ridden to school.