



# October Faculty Newsletter



## Choosing Healthy Habits Day Planner Theme: **Vary Your Veggies & Vary Your Steps**

Try to **vary your fruit and veggie** colors since each type has different nutrients and vitamins. Having a **variety of fruits and veggies** can make your snack/meal more interesting and delicious. Likewise, try to **vary your steps** or ways that you participate in aerobic activities. This will keep you motivated and help you explore different sports and recreation activities.



\*Check out page 65 in the *Choosing Healthy Habits* day planner for more on how to vary your veggies and steps.

### Grant Opportunities!

- **No Kid Hungry and Kellogg's-Elevate the Plate Challenge:** Complete the challenge for a chance to win a \$5,000 grant to help your school increase its meal participation. **Application opens: Tuesday, October 1, 2019**  
**Deadline: Friday, November 15, 2019**
- **No Kid Hungry and Amazon-Breakfast After the Bell Grant:** Grants will support schools with the purchase of equipment, materials and promotional initiatives facilitating Breakfast After the Bell delivery models. **Deadline: Friday, November 8, 2019**

### HealthMPowers Resource Highlight

#### Fit Tidbit Announcements

The Fit Tidbit Weekly Announcements reference the *Choosing Healthy Habits* Day Planner. These are intended to help your students improve in their nutrition and physical activity behaviors. A SHA is encouraged to read or share these announcements at least once a week during the morning announcements.



### Harvest of the Month Recipe Crunchy Vegetable Wraps

#### Ingredients:

- 4 tablespoons cream cheese, low-fat (whipped)
- 2 flour tortillas
- 1/6 tablespoon ranch seasoning mix
- 1/4 cup broccoli (chopped)
- 1/4 cup carrot (peeled and grated)
- 1/4 cup zucchini
- 1/4 cup summer squash
- 1/2 tomato (diced)
- 1/8 cup green bell pepper (seeded and diced)
- 2 tablespoons chives (chopped fine)

#### Instructions:

1. Mix ranch seasoning into cream cheese, chill.
2. Wash and chop vegetables.
3. Steam broccoli in microwave for 1 minute.
4. Spread cream cheese onto flour tortilla.
5. Sprinkle vegetables over cream cheese.
6. Roll tortilla tightly. Chill before serving.



\*Makes 4 servings. For more information, [click here!](#)

### Recognition!

Congratulations to the following schools that received the No Kid Hungry Breakfast Grant last year and plan to implement it this year:

- Glascock County Consolidated School
- Jean Childs Young Middle School

