**5 Fruits and Vegetables Challenge**

Our school is once again participating in the Heart Healthy School Challenges this year.

Our first challenge for all our staff and students is to try and **eat 5 servings of fruit and vegetables each day.**

Fruit and veggies are an important part of our diet, as they help us to grow and develop our minds and bodies properly. Teachers were sent out a short 2 min video link and are asked to watch it with their class sometime this week.

<https://youtu.be/7F3SfAzqxJ4>

Last Thursday, Oct 29th we started our challenge by supplying each class with a healthy fruit and veggie tray to enjoy. Remember how delicious it was.

So starting today on Monday, Nov 2 for the rest of the year, we challenge you to choose healthy food over less unhealthy food. If you do this you will have the chance to win a free lunch from the cafeteria each month.

At **recess time and lunch time**, you will be given a ticket if you eat any healthy fruit or vegetables. So teachers will be given tickets to pass out at recess time and Laura will pass out the tickets to children who buy a healthy meal option in the cafeteria. **These tickets will be placed into a container with the child’s name on it in each homeroom and then at the end of the month there will be a draw for a free lunch at each level.** It is the child’s responsibility to make sure the ticket gets into the homeroom basket without it getting lost. And make sure to have your name on it as well.

One person can make a difference so let’s all do our part in making important and healthy choices to eat fresh fruit and veggies. We can do it! Let’s go Raiders!