

CHSC does that!

OCTOBER NEWSLETTER

Creating Healthy Schools & Communities



Save the date! Walk or Bike to School Day is on OCTOBER 7TH!

Celebrate the day by encouraging students, parents and others in your community to walk or bike to school if able to, helping promote daily physical activity, support safer routes to school & decrease traffic congestion.

Recipe of the Month



Apple Monster Mouths!

A great snack to bring in for your classrooms Halloween party!

Click the picture above for the recipe!

National Farm to school Month

Celebrate Farm to School month by planning a **taste testing, nutrition education lesson, school garden activity, or a farm visit!** To learn more click below for an abundance of resources.

<https://www.farmtoschool.org/our-work/farm-to-school-month>

National School Lunch Week

OCT 12th - OCT 16th

This is a great time to celebrate all the yummy & healthy school lunches that are provided by your cafeteria every day. Aim to try something new this week!



**The theme this year is
Circus!**

[Click here for
more information!](#)

Healthy Halloween tips!

- **Fill up first!**
Have a healthy snack before going trick or treating to help curb candy cravings.
- **Get creative!**
Mix up what you are handing out for treats on Halloween by adding stickers, glow sticks, healthy treats & mini games.
- **Make it active!**
Plan to walk the neighborhood when trick or treating instead of driving to increase physical activity.
- **Be alert!**
Wear bright colored clothing or reflectives when walking from house to house.

Want to add something specific to the newsletter?

Please let us know if you have any ideas that you would like to have included in the monthly newsletter!

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