

Healthy Pizza Lunches

Pizza Day Goes Hawaiian!

Next term our pizza day menu is changing from pepperoni pizza to Hawaiian, plain cheese or veggie pizza on whole grain crust.

Why the change? The Healthy Schools committee must only sell pizzas that meet the Ontario *School Food and Beverage Policy* (P/PM 150) from the Ministry of Education (www.Ontario.ca/healthyschools). The committee chose a healthy pizza made with whole grain crust, lower fat cheese and vegetable toppings! Our student samplers agree that these new pizzas taste great!

Remember to pack extra food and a healthy drink on pizza day. A healthy lunch includes at least 3 of the 4 food groups from Canada's Food Guide. Adding milk and/or yogurt, fruit and/or vegetables (eg, fresh fruit or veggie sticks or a fruit cup) completes your child's lunch and provides them with the energy to learn, play and grow.

We hope that you will continue to support this important school fundraiser. By working together, we can instil positive values in our children about the importance of nutrition... and raise money for many school activities!

Together we can make the healthy choice the easy choice!

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