



# Healthy Together



A MONTHLY NEWSLETTER



Play on your school's playground equipment before and after school and on weekends – ask about the school's Action Schools! BC Playground Circuit or visit [www.actionschoolsbc.ca](http://www.actionschoolsbc.ca).

## Make Your Own Vegetable Pizza

- ▶ Individual whole wheat pizza shells, tortillas, pitas, naan, or English muffins
- ▶ Low sodium pizza sauce, salsa or pesto
- ▶ Sliced onions, broccoli, mushrooms, tomatoes, bell pepper, or pineapple
- ▶ Sliced roasted bell peppers, zucchini or eggplant
- ▶ Spinach, basil
- ▶ Low fat grated mozzarella, feta or cheddar cheese

Put out any combination of the above ingredients, as well as any other family favourites, and allow the creative pizza making to begin. Bake pizzas at 450° F (230° C) for 10-15 minutes.

## Healthy Celebrations

Encourage healthy living at your child's birthday party or other events:

- Host the event at the pool, beach, gym, bowling alley, curling club, or ice rink.
- Have a 'make your own' party. Kids will enjoy making their own smoothies, pizzas, pita sandwiches, or stir fries. Try the pizza recipe below.
- Include snack choices from Canada's Food Guide for Healthy Eating such as popcorn, roasted pumpkin seeds, low salt pretzels, punch made from 100% fruit juices, fruit kabobs and hot chocolate made with milk.
- Provide healthy goodie bags of non-food items like footbags (hacky sacks), sidewalk chalk, skipping ropes, stickers, containers of bubbles, etc. Or, set up a make your own trail mix bar and provide containers so kids can make their own using unsalted nuts and seeds, dried fruit and cereal with low added sugar, or unsalted pretzels.
- When buying gifts, consider activity-related items like pedometers, yoga mats, sporting equipment, tickets to a sporting event or swimming pool, a physical activity book or magazine, etc.

### Add Healthier Treats to Your School or Home Celebration!

Bake Better Bites: Recipes and Tips for Healthier Baked Goods offers recipes that meet the *Guidelines for Food and Beverage Sales in BC Schools*, as well as tips to make your favourite recipes healthier. Visit [www.healthyeatingatschool.ca](http://www.healthyeatingatschool.ca).

For school based healthy eating or physical activity information visit [www.actionschoolsbc.ca](http://www.actionschoolsbc.ca). For general nutrition information call HealthLink BC at 811 and speak to a dietitian, or visit [www.healthlinkbc.ca](http://www.healthlinkbc.ca).

