

Now with
funding for
all schools

Yukon's *Drop the Pop* is changing in 2010!

Our 5th annual *Drop the Pop* campaign, will continue to encourage Yukon students to "STOP and think about your drink."

This year, the campaign focuses on strong bones. This means promoting foods high in calcium such as milk, cheese and yogurt.

In 2010, we're broadening our scope to include not only elementary school students but high school students, too. Plus, we're giving Yukon schools and educators freedom to plan and design their own *Drop the Pop* project.

There is funding available for every school. Plus, there is school award money for the schools that create the best projects promoting healthy eating and active living.

Apply for your grant today!

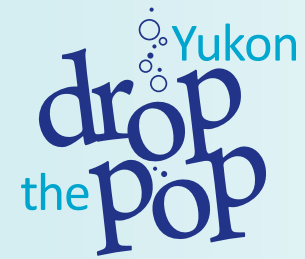
GO

for milk,
cheese and
yogurt

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teacher's guide



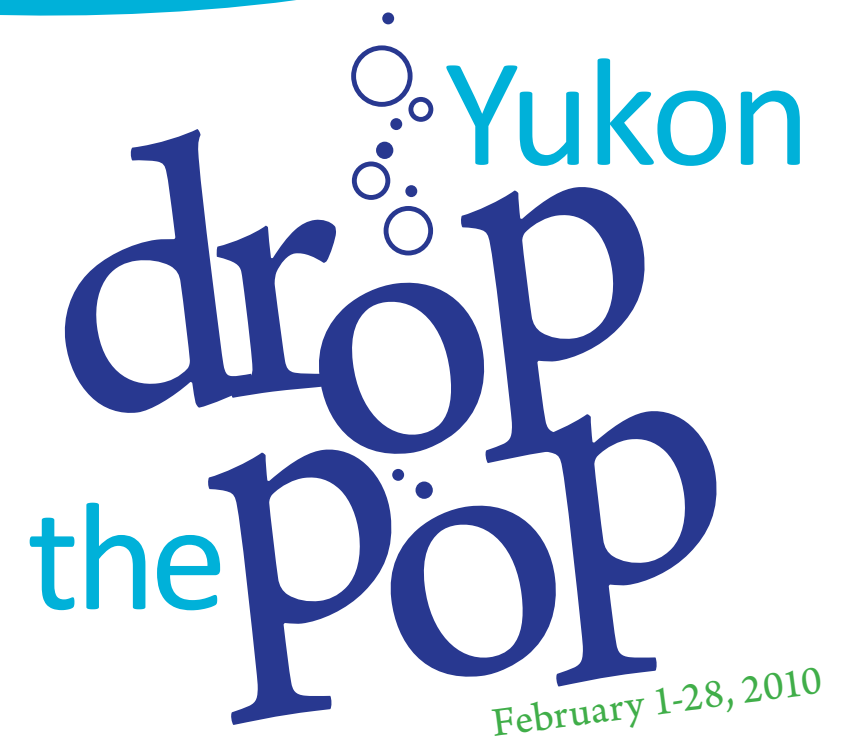
Yukon *Drop the Pop* is a healthy eating program that encourages, students, teachers and parents to stop and think about their drink. It is an opportunity to harness the energy of students to promote and educate on healthy food and drink choices.

Through *Drop the Pop*, Yukon Health and Social Services is working to ensure students have the opportunity to develop the health knowledge, skills and behaviours they need for

successful learning and living. Making healthy eating and drinking choices now will lay a foundation for a bright future.

Join us in 2010 as we encourage students to drop the pop...and build "Stong Bones" by choosing milk, water and 100% fruit and vegetables juices.

In the end, you'll have students who are more fit and focused throughout the day!



GRANT MONEY IS NOW AVAILABLE

APPLY ONLINE TODAY

We have a new *Drop the Pop* website where you can register and get all the info you need:

www.yukondrothepop.ca

For more information call 867-456-6160

You'll also find good resource materials available at other Canadian websites:

www.drothepopnwt.ca

www.bchealthyiving.ca/node/104



Yukon *Drop the Pop* is funded by Yukon Health and Social Services

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DESIGN YOUR OWN PROJECT!

This year, "anything goes" for Yukon's *Drop the Pop*—anything that helps promote healthy eating and drink choices for students. Our focus is on strong bones, so we are encouraging schools to promote milk, cheese and yogurt.

The main goal of *Drop the Pop* is to focus on healthy drinks and healthy eating.

SIGN UP TODAY!

To have your school participate in Yukon's *Drop the Pop* in February of 2010, simply apply for a *Drop the Pop* Grant to fund a healthy eating/healthy drink initiative at your school.

All schools that apply will get a grant (based on school population) to run their project:

- \$ 750** | 0–100 students
- \$1000** | 101–200 students
- \$1250** | More than 200 students

AIM FOR AN AWARD

The *Drop the Pop* school award will:

- Recognize targeted, collaborative and innovative efforts of schools that promote healthy eating and healthy drink choices for students;
- Recognize school initiatives that encourage and celebrate healthy eating for students;
- Gather information about great projects that have been successful in order to share these successes with other schools.

Throughout the month of February, your school can organize a variety of healthy eating activities... all designed to encourage students to "Stop and think about your drink." Do your best to highlight "Strong Bones!" It's easy.

Your *Drop the Pop* project must run between February 1–28, 2010, with money spent by March 31, 2010. Check out the website www.yukondropthepop.ca for all the details or call us at 867-456-6160.

Funds can be used for providing healthy foods and drinks to students during the month, for materials promoting or supporting the month-long event, and/or for prizes/incentives for students.

After your school's *Drop the Pop* initiative is complete, use the Activity Report Form to report back on the project and activities you organized, your budget, your success, and any changes you would implement next year.

Then, within each school population category, a winner will be chosen for the *Drop the Pop* School Award. Go to www.yukondropthepop.ca to sign up today.

To be eligible for a school award (based on school population), your school must complete and return the *Drop the Pop* Activity Report Form (on the website) by March 19, 2010.

One prize of \$1500
for schools with up to 100 students

One prize of \$2000
for schools with between 101 and 200 students

One prize of \$2500
for schools with more than 200 students.



Here are some **great ideas** to get you started

DECORATE HALLS AND CLASSROOMS

Have students create posters about the harmful effects of drinking pop and the benefits of making healthier food and drink choices. These visual reminders around your school will help motivate your students.

GET STUDENT COUNCIL INVOLVED

Get your student council to participate, to help lead challenges and competitions, or present skits on healthy eating and healthy drink choices.

HOLD AN IN-CLASS DEMONSTRATION

Displaying the negative effects of sugar and carbonated drinks is easy and effective. During Health, Home Ec or even Science class, students can be taught about the sugar content of various beverages, including demonstrations of how pop dissolves various substances, or how its corrosive effects can clean pennies.

"BRING A PIECE OF FRUIT FOR LUNCH" DAY

Organize a competition where the class with the highest percentage of students who brought fruit will win a special snack break with fruit smoothies or fruit plates for everyone. Snacks can be accompanied by nutrition info to let kids know what eating healthy can do for their body and mind, and instructions on how to prepare simple healthy snacks for themselves.

EVERYONE LOVES A FREE LUNCH

Use your *Drop the Pop* funding to provide a hot lunch or two in February—maybe stew & bannock on one day, and chili and a bun on another. You can also provide "samples" of a healthy brown bag lunch for each student in the school... to be taken home at the end of the day and shared with their

family, so that parents can see the kind of nutritious lunch and sugar-free drinks their kids should be taking to school.

PROMOTE IN LETTERS & NEWSLETTERS

Many school activities are more successful when parents/guardians are involved. Send them a letter explaining *Drop the Pop* and your school's event, and keep them apprised through school newsletters, websites, blogs, etc. Encourage them to support their children in their efforts to avoid pop and junk food, and to set a good example themselves.

CREATIVE KITCHENS

At lunch time, set up a "Creative Kitchen" where you can present healthy food choices, giving students a wide variety of foods such as fruit plates, fruit smoothies, yogurt, trail mix, cheese and crackers, healthy muffins and more. Each grade can take turns preparing food for the other classes. Some of the food can be new or unique, and some traditional with the help of the Elders in the community. Of course, it should all be prepared while being mindful of Canada's Food Guide!

HAVE AN "INTERNATIONAL DAY"

Increase your students' exposure to a variety of cultural foods and drinks with an "International Day" where they can taste different foods and drinks, learn about other countries, and how to make tasty and nutritious foods from those countries.

GIVE A LESSON IN LABEL-READING

Structure a course or build a challenge around the ability to read/understand labels on various juices, pops, sweetened drinks and snack foods. Stress how important it is to shop wisely and make the right choices to stay healthy.

RAP MUSIC & PERFORMANCES

Older students can write rap lyrics about dropping pop and making healthier choices, with a winner chosen to perform live or over the intercom. Photo collages or videos can also be produced, encouraging creativity while helping spread the message.

GET COMMUNITY SUPPORT

Through advertising, our *Drop the Pop* message is being conveyed to the community as well. Talk to your local store, and ask that merchants refrain from selling pop, candies and junk food to students during the school lunch hour throughout February, or to make healthier alternatives more visible and available.

START WITH A HEALTHY BREAKFAST

Have a special "in-school" breakfast early in the month, served by staff and showing students examples of healthy food choices. Use your *Drop the Pop* grant to make healthy snacks available during recess.

CREATE A COOKBOOK

Gather healthy recipes from students and families and put them in a cookbook format that helps make the connection between eating healthy at both home and school. Hold a competition to see who can design the best cover, organize a student team to lay out the pages, and then print it and distribute/sell a copy to each family.

RECRUIT NUTRITION AMBASSADORS

Recruit students to be "Nutrition Ambassadors" to encourage, role model and promote drinking water and healthy eating during the month. They can prepare in the month leading up to

the challenge and then implement their ideas. They can create posters of themselves eating healthy foods... chat with students at lunch hours about the kind of lunch they brought while guiding them to healthier choices... and make regular morning announcements providing healthy eating and drinking tips. They can also talk to the media to send the message out to the community.

TRACK YOUR SUCCESS

Post your results and celebrate your success! Have students log their daily efforts at remaining pop-free, and post the names of winners of the various activities. Documenting your initiatives in this way can also help you prepare the post-event report that could lead to your school winning a school award.

ORGANIZE LUNCH HOUR TRIVIA & GAMES

Over lunch hours, have your students meet in the gym to answer a nutrition trivia question. They can be awarded tickets or tokens for answering correctly or completing various events: physical activities, games, taste tests, etc., with prizes awarded at the end to those who collected the most tickets or tokens. Be imaginative in the activities you plan, from "melon weightlifting" to "coconut bowling" to "Guess the Mystery Veggie" contests!

Yukon
**drop
the pop**