

School Announcements

Below are a series of announcements that can be used as is or adapted for use throughout the school year. You may also encourage students or classes to develop their own.

Food Neutral Language	 Nutrition Bite of the Day – Name It, Don’t Shame It! Let’s stop calling foods “bad” or “unhealthy.” Every food has a name—so let’s use it! An apple is an apple. A cookie is a cookie. It’s all food, and how we talk about it matters.
	 Fuel for Your Body Food gives your body energy so you can play, learn, and grow. Just call food by its name: An apple is an apple. A cookie is a cookie. All foods give you energy in different ways!
Relationship with food	 What Does Food Bring to Your Life? Think about how food helps you every day. Does it: <ul style="list-style-type: none"> • Give you energy? • Bring you joy? • Help you connect with others? • Teach you cooking skills? Let’s appreciate what food adds to our lives!
	 Eat Together, Grow Together Eating with others can: <ul style="list-style-type: none"> • Make fun memories • Share family foods • Help you try new foods Sit and enjoy a meal with a friend or family today!
	 Taste the World Every culture has delicious foods to explore! Try something new this week—maybe sushi, hummus, plantains, or lentil soup. Food is a tasty way to learn about the world!

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Food & Nutrition	 Try Something New! It can take 10 to 20 tries to know if you like a new food. So don't give up! Give veggies like asparagus, beets, radishes, or kale another try - you might be surprised!
	 Eat the Rainbow Aim for a mix of veggies - especially dark green, red, and orange ones. Beans and peas count too! Fresh, frozen, or canned - they're all good choices.
	 Orange! Orange fruits and veggies help keep your eyes sharp and your skin glowing. They're full of good stuff like vitamin C! Try munching on carrots, sweet potatoes, oranges, or mangoes.
	 Red! Red foods help your heart stay strong and your body stay healthy. Snack on strawberries, red peppers, cherries, or watermelon! What other red foods do you like?
	  Purple and Blue! Purple and blue fruits and veggies are brain boosters! They help with memory and learning. Snack on blueberries, purple grapes, plums, blackberries or eggplant to keep your brain sharp.
	 Yellow! Yellow fruits and veggies help your body heal and keep your skin bright. Enjoy bananas, corn, pineapple, or yellow peppers for a sunny snack!
	 Green! Green fruits and veggies help build strong bones and teeth, and they're great for your eyes too! Try yummy foods like broccoli, green apples, cucumbers, kiwi, or spinach.
	 White! White fruits and veggies help keep your heart healthy and fight off germs. Crunch into cauliflower, bananas, mushrooms, onions, or pears for a tasty health boost.

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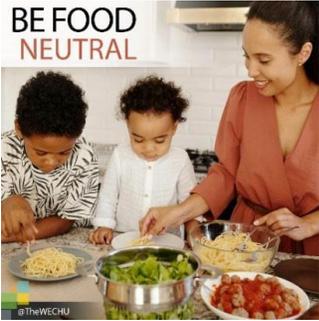
Hydration	<p> Hydration Helpers</p> <p>Did you know some fruits and veggies help you stay hydrated?</p> <ul style="list-style-type: none">• Iceberg lettuce: 95% water• Cantaloupe: 91% water• Raw carrots: 88% water <p>Crunch your way to better hydration!</p> <hr/> <p> Stay Hydrated, Stay Strong</p> <p>Playing hard? Don't forget to drink water! Staying hydrated helps you feel great and keeps you in the game.</p> <hr/> <p> Hydration Check-In</p> <p>Water helps your brain stay sharp and your body stay cool. Keep a reusable water bottle with you and sip throughout the day—especially after recess or gym!</p>
Fun Food Facts & Trivia	<p> Corny Corner</p> <p>Joke of the Day:</p> <p>Why did the corn stalk get mad at the farmer?</p> <p>Because he kept pulling its ears!</p> <p>Did You Know?</p> <p>One ear of corn has about 800 kernels! Corn can be a fruit, vegetable, or grain depending on how it's prepared.</p> <ul style="list-style-type: none">• Fresh or canned – it's a vegetable• Dried or ground – it's a grain• Has seeds - so technically it's a fruit! <p>How have you eaten corn—chowder, cornbread, salad?</p>

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Social Media Messages

These social media messages can be used as-is or adapted throughout the year. Pair the messages with the provided images, or feel free to get create by selecting your own images. You may also encourage students or classes to create and share their own social media content.

Please tag @the WECHU when sharing messaging.

Topic Area	Social Media Message	Image
Food Neutral Language	<p> Let's Talk About Food</p> <p>Words matter! Instead of calling foods “bad” or “unhealthy,” let’s use their real names. An apple is an apple. A cookie is a cookie. It’s all food—and how we talk about it shapes how we feel about ourselves.</p> <p> Food = Fuel</p> <p>Every food gives our bodies energy in different ways. Let’s use food-neutral language: just call food by its name. Apple = apple. Cookie = cookie. Simple and kind.</p>	
Relationship with food	<p> What Does Food Add to Your Life?</p> <p>Food can:</p> <ul style="list-style-type: none"> • Give you energy • Bring you joy • Help you connect with others • Teach you new skills <p>Let’s celebrate all the ways food supports us!</p> <p> Food Connects Us</p> <p>Sharing meals is about more than eating—it’s about connection. Try:</p> <ul style="list-style-type: none"> • Eating with family or friends • Learning a new recipe • Sharing food traditions • Talking about your day at the table <p>Skip the screen and enjoy snack time together!</p>	

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	<p> Mindful Eating Moment Take a moment to slow down and really taste your food. Notice the colors, textures, and flavors. Eating mindfully helps you enjoy your meals more and listen to your body’s hunger cues</p> <p> Taste the World Every culture has delicious foods to explore! Try something new this week—maybe sushi, hummus, plantains, or lentil soup. Food is a tasty way to learn about the world!</p> <p>Family Meal Challenge This week, try to eat one meal together as a family—no screens, just stories and smiles. Share your favorite family meal traditions with us!  </p>	
<p>Food Skills</p>	<p> You Can Cook! Not sure where to start in the kitchen? Check out <i>You Can Cook</i>—a fun video series to help you build confidence and skills while cooking at home. Watch here!</p> <p> You Can Cook! Cooking doesn’t have to be hard. Check out the <i>You Can Cook</i> video series for easy tips to get started in the kitchen!</p>	
<p>Food & Nutrition</p>	<p> Colour Your Plate Fruits and veggies come in every colour of the rainbow! Aim to eat a mix of:</p> <ul style="list-style-type: none">  Blue/Purple  Green  White  Yellow/Orange  Red <p>What colours did you eat today?</p>	

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	<p> Whole is Best Choose whole or cut-up fruits and veggies instead of juice. You'll get more fibre, more nutrients, and more crunch!</p> <p> Build a Balanced Plate Want to feel your best at school? Try to include something from each food group at lunch: fruits and veggies, grains, and protein. A colorful plate = a powerful plate!</p> <p>What's on Your Plate? Challenge time! Can you eat all the colors of the rainbow today? Share your colorful plate with us using @theWECHU     </p>	
<p>Hydration</p>	<p> Make Water Fun! Bored of plain water? Add frozen berries, cucumber slices, or mint for a splash of flavour. Stay hydrated and refreshed—your body will thank you!</p> <p>Water with a Twist Make your water exciting! Add slices of lemon, berries, or cucumber for a splash of flavor. What's your favorite combo?  </p>	
<p>Fun Food Facts & Trivia</p>	<p> Orange You Glad You Know? Joke of the Day: What happens when you step on an orange? A: You hurt its peelings!</p> <p>Fun fact: Oranges were first grown in China, and not all oranges are orange! In warmer places, they can stay green or yellow—even when ripe.</p>	