

Ways to celebrate Food & Nutrition Month as a 4-H Healthy Living Ambassador

- Create a food & nutrition display at the local library
 - include recipes, coloring sheets, ideas on ways to increase your produce intake within your diet
- Start a county food and nutrition month social media tag
- Seek food models from your Extension Office and break to a daycare or an afterschool program and educate youth on the Myplate
- Read a nutrition related book to children for story time
- Lead a healthy food demonstration in person or via Facebook live or YouTube video
- Leave food and nutrition activity sheets (word searches, coloring sheets, etc.) at a local childcare location or library
- Encourage families to eat a meal together and start a photo contest where your Extension office or another agency sponsor a prize for submitting a photo of their families eating together
- Volunteer at a school to decorate a bulletin board related to a food and nutrition topic
- Work with Extension office to work with elementary schools to have a dress up day as youth's favorite fruit or vegetable
- Collaborate with local cafeteria workers to see how they can be involved with food and nutrition month
- Collaborate with schools to see if you could offer quick blurbs to be included on daily morning announcements. See examples:
 - file:///C:/Users/Brigitte%20Passman/Downloads/20%20Health%20Tips_NM22_English.pdf
- Work with local paper to possibly have a section on recipes or other written articles to food and nutrition month
- Don't be limited to what is included here but do your own search for ideas on ways to celebrate
 - Here are some other resources:
 - https://www.actionforhealthykids.org/wp-content/uploads/2019/07/Nutrition_v2.pdf
 - <https://www.eatright.org/food/resources/national-nutrition-month>
 - <https://www.eatright.org/food/resources/national-nutrition-month/toolkit>
 - file:///C:/Users/Brigitte%20Passman/Downloads/NNM_Quiz_2022_ENGLISH.pdf