



*Community and Health Services Department
Public Health Branch*

February 2, 2010

Happy New Year 4 for Lunch Participants!

I wanted to write a short note to thank you for registering for the *4 for Lunch: A Healthy Lunch Challenge* program in the Fall! We received 100 registrations and 30 classes completed the week long challenge making them eligible for the healthy lunch party. Our lucky winner is a grade three class taught by Christina Payne from Red Maple Public School located in Richmond Hill. These students will be receiving a healthy lunch in March 2010 to coincide with National Nutrition Month.

We hope that you found the program fun and most importantly useful in helping you to meet the healthy eating expectations in the curriculum. It's never too late to implement the lesson plans or to do the challenge. In fact, many of our participants implement a number of challenges throughout the year! For more information on nutrition support for your classroom please visit www.york.ca/nutrition.

Look out for *4 for Lunch* registration information for next year which should arrive at your school in the last week of August. We plan to run the challenge week in October 2010.

All the best for a healthy and happy 2010!

A handwritten signature in blue ink that reads "Lucy Vallean".

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