

HEALTHY LIVING NEWSLETTER FOR SCHOOLS



October 2020



APPLE CRUNCH DAY

Please join us in celebrating our local farmers and school food service heroes! The Utah Farm to Fork Task Force is celebrating National Farm to School Month and National School Lunch Week with our 4th annual Apple Crunch. Utah's goal is to have at least 200,000 Utahns eat a delicious Utah-grown apple during the week of October 12-16. We encourage your school to participate! Please register using [this link](#).

UTAH WALK MONTH

October is Utah Walk Month! To celebrate, join us on Walk to School Day, October 7, 2020! we encourage students and parents to walk to school using the map of your Safe Route to School! To add some more fun on the walk, have them complete a walkability checklist, so we know how we can help improve your route! For more information on how to access or update your Safe Routes Map, or walkability checklists, contact Mercedes Maestas (mmaestas@slco.org)



PLAYWORKS AT-HOME TOOLKIT

This month we have provided you the PlayWorks At-Home toolkit. Whether you are learning in person, or digitally, this is a resource for all students to ensure they are engaging in physical activity during the school day!