



Celebrate National School Milk Week with our Moo Crew Challenge

Dear Teacher,

Please find enclosed a sample of our new **Moo Crew Eating Sustainably Challenge Resource Pack**. This challenge has been designed to complement our new lesson plan, *Dairy and Eating Sustainably* which you will find in your updated Teacher's Guide. **To get involved, simply calculate how many challenge packs you need for your class or school and order them from schoolmilk@ndc.ie before 23rd April. Packs will then be distributed to your school before National School Milk Week (17th-21st May).**

How to Take Part in the Challenge:

1. During National School Milk Week, use the *My Eating Sustainably Challenge* board (below) to encourage your pupils to take action and make sustainable choices. They can complete these actions in the classroom or at home with family and friends. Remember, small actions can make a big difference, so making even one choice each day is a fantastic achievement!
2. Encourage pupils to mark their progress using the accompanying stickers. Explain that for each action completed, they get to insert a fun, matching sticker!
3. Capture their collective progress on the *Eating Sustainably Classroom Challenge* poster (stickers will be included). This is a great way for pupils to visualise their collective results and track the most common choices from their class!
4. Once you have recorded everyone's actions, send a picture of your completed *Eating Sustainably Classroom Challenge* poster to schoolmilk@ndc.ie or you can tweet or post your picture using the following handles: [#NationalSchoolMilkWeek](https://twitter.com/NationalSchoolMilkWeek) | [@NDC_ie](https://twitter.com/NDC_ie) (Twitter) | [@NDCIreland](https://www.facebook.com/NDCIreland) (Facebook)

optional Each day of National School Milk Week, send, tweet, or post a picture of your classroom poster to us. We'll be tallying up the top actions completed by schools each day, posting the results and selected schools will have the chance to win some fun prizes!

What comes in my Challenge Pack?

- Individual challenge boards for each pupil in your class.
- One classroom challenge poster.
- Sticker sheets for both the challenge sheets and classroom poster.
- **Please Note:** the Food Pyramid sticker is for illustration purposes only. The Food Pyramid can be viewed in full at: www.moocrew.ie/pyramid

What is the 'other' option on our challenge board/poster?

We recognise that some of the challenge options may not be accessible to every pupil, or that you may want to explore other types of sustainable choices with your class (there are many!). Please use the 'other' columns to insert your own choice, or brainstorm sustainable options together as a class.

Best of Luck!

The Moo Crew Team



An Roinn Talmhaíochta,
Bia agus Mara
Department of Agriculture,
Food and the Marine



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Moo Crew Eating Sustainably Challenge

Take Part during National School Milk Week (17th-21st May)

You may remember learning about **Dairy and Eating Sustainably** in lesson 4. We can make sustainable choices by: looking to the Department of Health's Food Pyramid for healthy choices, reducing our food and packaging waste and choosing local and seasonal foods when able.

Are you up for the challenge? During **National School Milk Week (17th-21st May)**, read the choice board below and see which sustainable choices you can make. You can complete these actions on your own, with family and friends, or as a class. **Remember** to share your results with your teacher so she/he can mark it on your classroom chart.

Small actions can make a big difference so be sure to continue making healthy, sustainable choices even after the challenge!

Categories & Actions

Make Nutritious Choices

- I looked to the Department of Health's Food Pyramid for healthy choices.
- I ate 5-7 servings of fruit and vegetables every day.
- I ate my recommended daily dairy servings (5 servings for 9-18 years of age; 3 servings for all other ages).
- I limited foods from the top shelf of the Food Pyramid (high in fat, sugar and salt).

Track your Impact

- I walked/cycled to school or the shop/my friend's house.
- I tracked the 'food miles' for some items in our fridge.
- I planted herbs or vegetables at home.
- I encouraged my family to think of ways we can reduce our food miles.

Watch your Waste

- I recycled our plastic bottles and cartons making sure they were clean and dry.
- I ate a balanced meal with portions I could finish.
- I made creative use of leftovers (e.g. I made healthy soup).
- I placed food scraps in the compost bin.

Mindful in the Market

- I shopped for in-season fruits or vegetables.
- I looked at origin labels while shopping.
- I found three local products that are promoted by the Food Pyramid.
- I looked for the local guarantee on the milk.

Packaging Pointers

- I used a reusable bag when shopping.
- I suggested buying loose fruits and vegetables.
- I reused food packaging in a creative way (e.g. plastic art creations).
- I used a reusable container instead of a plastic food bag in my packed-lunch.