



EATING SUSTAINABLY CLASSROOM CHALLENGE

COMPLETE YOUR EATING SUSTAINABLY CLASSROOM CHALLENGE POSTER

Each day during National School Milk Week, record the sustainable choices your pupils make. Then, send a photo of your poster to schoolmilk@ndc.ie

CHAT ABOUT IT!

Which sustainable actions are easy to make and which ones are more difficult? What sustainable choices could you make that are not listed on the challenge board? What sustainable actions did your class complete the most?

REMEMBER!

Food miles is the distance food travels from the farm to our plates. Which actions here could you take to reduce your food miles?

DID YOU KNOW?

You can use Bord Bia's 'Best in Season' calendar (www.bordbia.ie/whats-in-season/) to discover which foods are in season.

REMEMBER!

Eating a balanced diet ensures that we consume the foods we need to keep our bodies healthy and that we consume the correct amount, so that we do not overuse or waste resources.

Day (Optional):					Voice your sustainable choice!
Make Nutritious Choices	<input type="checkbox"/> I looked to the Department of Health's Food Pyramid for healthy choices.	<input type="checkbox"/> I ate 5-7 servings of fruit and vegetables every day.	<input type="checkbox"/> I ate my recommended daily dairy serving (5 servings for 9-18 years of age; 3 servings for all other ages).	<input type="checkbox"/> I limited foods from the top shelf of the Food Pyramid (high in fat, sugar and salt).	Other:
Track Your Impact	<input type="checkbox"/> I walked/cycled to school or the shop/my friend's house.	<input type="checkbox"/> I tracked the 'food miles' for some items in our fridge.	<input type="checkbox"/> I planted herbs or vegetables at home.	<input type="checkbox"/> I encouraged my family to think of ways we can reduce our food miles.	Other:
Watch Your Waste	<input type="checkbox"/> I recycled our plastic bottles and cartons making sure they were clean and dry.	<input type="checkbox"/> I ate a balanced meal with portions I could finish.	<input type="checkbox"/> I made creative use of leftovers (e.g. healthy soup from leftover vegetables).	<input type="checkbox"/> I placed food scraps in the compost bin.	Other:
Mindful in the Market	<input type="checkbox"/> I shopped for in-season fruits or vegetables.	<input type="checkbox"/> I looked at origin labels while shopping.	<input type="checkbox"/> I found three local products that are promoted by the Food Pyramid.	<input type="checkbox"/> I looked for the local guarantee on the milk.	Other:
Packaging Pointers	<input type="checkbox"/> I used a reusable bag when shopping.	<input type="checkbox"/> I suggested buying loose fruits and vegetables.	<input type="checkbox"/> I reused food packaging in a creative way.	<input type="checkbox"/> I used a reusable container instead of a plastic food bag in my packed-lunch.	Other:

DID YOU KNOW?

One third of the world's food is wasted every year by getting spoiled or uneaten.

REMEMBER!

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

DID YOU KNOW?

Milk, yogurt and cheese, certain types of fish (like salmon and mackerel), potatoes, carrots and strawberries can all be produced in Ireland.

DON'T FORGET

Share your achievements to win spot prizes:
 Email: schoolmilk@ndc.ie
 Twitter: @NDC_ie
 Facebook: @NDCIreland
 #NationalSchoolMilkWeek