



# Food Day Project Ideas

## What Can I Do at Home?

- Make a list of all your food that meet the Food Day Eating Goals (like fruits and vegetables, whole grains and fat-free milk) and a list of your less healthy foods. Talk with your family about buying more foods that meet the Food Day Eating Goals.
- Create family action plans to help your family “Eat Real,” eat “Mostly Plants,” and eat “Not Too Much.”
- Plan a day to go to a farmers’ market or supermarket to buy some fresh fruits and vegetables. Make Monday evening the night for the family to cook and eat together.

## What Can I Do at School?

- Make a list of working and broken water fountains in the school. Have the class write a letter to help get the broken water fountains fixed.
- Get a list of school fundraisers from your school or PTA. Come up with new ideas for healthful fundraisers.
- Come up with a list of foods that meet the Food Day Eating Goals and make a classroom food policy. Send the policy home to families.
- Ask to see the school wellness policy at your kids’ school. Offer to get involved with their wellness activities or help plan new ones.
- Talk to the school and parents about starting a school garden.

## What Can I Do for My Community?

- Make a list of working and broken water fountains in your community and parks. Write a class letter to the city or town mayor to get the broken fountains fixed.
- Have the class come up with a plan to ask local stores to stock more foods that meet the Food Day Eating Goals. Ask stores to place healthy snacks where they’re easy to find.
- Learn more about hunger in your community. Try to find ways to reduce hunger for families.
- Try to start a community garden in your neighborhood or at your school.
- Join Slow Food’s Youth Food Movement, a group of young people working for good, clean, and fair food for everyone.
- Plan an Eat Real festival for your whole school community. To get some ideas about an Eat Real festival, visit [eatrealfest.com](http://eatrealfest.com).



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