



Fast Start: Health

| LUP 2018

- **Host a Health and Wellness Fair.**

Use the new Health and Wellness Fair 2 Go materials to bring vendors, health providers, and educators together to make a difference in the health and wellness of children and families in your school and community. See the Illinois PTA Programs folder in the Local Unit Packet or on the Illinois PTA website under the Programs tab.

- **Host a Food Day event.**

Food Day held October 24, 2018, is a nationwide celebration and movement for healthy, affordable, and sustainable food. Food Day events could be a cooking class for older students, a vegetable identification contest at an elementary school, or perhaps a school-wide potluck dinner.

- **Celebrate International Walk to School Day on October 10.**

International Walk to School Day is a global event that involves communities from more than 40 countries walking and biking to school on the same day. Visit <http://www.walkbiketoschool.org/> for information on how to get started and organize an event at your school. You can participate even if most of the students at your school ride yellow buses—just have the bus drop-off point a few blocks from school, perhaps at a local park, and have “walking school buses” take the children the rest of the way.

- **National PTA Healthy Lifestyles Month – November**

PTA’s nationwide are encouraged to plan healthy student events and family activities throughout the month of November as a way to kick off their year-long commitment to creating healthy and safe places for kids to learn and thrive. For ideas of what the PTA can do to celebrate, visit <https://www.pta.org/home/programs/Healthy-Lifestyles/Celebrate-Healthy-Lifestyles>



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Key points to start your PTA year off right.