

Cootes Paradise All of Me Day

Friday, November 20, 2015

On Friday, our school community will participate in All of Me Day. This event coincides with National Child Day and is intended to explore activities related to being healthy, happy and connected to each other. Funding for this day is generously provided by our Home and School.

Some of the activities are related to nutrition. The students will come into contact with various vegetables and fruits. *If your child is unable to have contact with or ingest particular foods, please send a message to your child's teacher via the agenda.* All food is sourced locally from Plan B Organic Farms, Hamilton Farmer's Market and The Mustard Seed Co-op. Please note the following classes will not have direct contact with the foods as they will be participating in a workshop with the Canadian Diabetes Association: M.Barray, Mme Campanella, Mrs. Reeson, Ms O'Breza, Mrs. Boehme / Macky and Mrs. Ding.

olive oil	lemon juice	pomegranate	cucumber	carrots
butternut squash	avocado	beets	kale	pear
chickpeas	apple	lemon	rainbow chard	radish/diakon
onion	celery	salt	acorn squash	black beans
chard	tomatillos	ground cherries	potatoes	celery
lettuce	mushrooms	raisins	broccoli	bell pepper
beet greens	grapes	purple carrots		

Your child will bring home a passport of their activities so that you can share in our day!

