The 100th Day of School Celebration will be recognized in many schools this month. Kick off your celebrations with these activities!

### 100 HEALTHFUL DAYS

Have students research and discuss what **100** calories of various food items look like. Further the discussion by noting the nutrient density of **100**-calorie items.

- **Get Moving!**
  
  Have students complete **100** various exercises, such as sit-ups, the **100**-yard dash, or jumping jacks!

- **Show examples of what 100 calories look like for various food items.**

  For example, show students **100** calories worth of chips vs **100** calories of fruit such as grapes.

### Hip Hip Hooray!

We’ve been here **100** days!

Display **100** various café items. Fan favorites like bananas can be written on using a food-safe marker.

### Play with your food!

Make a food art display noting “Happy **100th** Day!”

For the 1 use a carrot stick (celery stick, cheese stick, etc.) and for the 0’s use sliced cucumber circles (cherry tomatoes, grapes, etc.).

### 100 DELICIOUS DAYS

![Image of a food display]

- **Incentives!**
  
  Provide every **100th** customer with an incentive item like a pencil or sticker.

- **100 Days of Awesome!**
  
  Make one bulletin board noting **100** reasons why we love our customers.

  Make a second bulletin board with the **100** yummy foods we served this year!

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