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

### 100 Healthy 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.

### 100 Delicious Days

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.).

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.