

The 1st Annual Schoolwide

# **SUPERFOOD CHALLENGE**

June 9 - 20, 2014

Is anyone in your family feeling tired, cranky, or "lazy" lately?

Let's focus on feeling good, moving fast and living better!

Let's feel proud of the food we put into our bodies!

The answer to fueling healthy, happy kids (& families) is simple:

## **EAT MORE SUPERFOODS!**

### **WHAT'S A SUPERFOOD?**

A SUPERFOOD grows or eats directly from the ground.

Snacks and meals based on:



**PROTEIN, HEALTHY FATS  
& VITAMINS**



**ENERGY, BRAIN POWER  
& HAPPY FAMILIES**



**SUGAR, PROCESSED &  
REFINED INGREDIENTS**



**TIRED, CRANKY,  
LAZY BODIES**




### **WHAT'S THE CHALLENGE?**

Between **June 9th and 20th**, each time your child consumes a real food item, **at snack or lunch** (AKA a "superfood"), they will accumulate **ONE point**.

At the end of the challenge, the class with the most points accumulated will win an **Erin O'Reilly Fitness Smoothie Party & Obstacle Course Carnival!**

Use the resources provided here to construct fast, easy and nutrition packed lunches for school. The more healthy food you send, the better your child will feel.

Turn the page for superfood snack and lunch ideas 

### **TIPS**

- 1.** Make extras to enjoy throughout the week!
- 2.** Buy reusable, airtight containers at the dollar store! They work great and demonstrate Earth Friendly actions!
- 3.** Have fun with the challenge and try doing one of your own at home (perhaps, the winner at home controls the remote for one night ;)

## SNACK IDEAS



### No Nut Trail Mix & Fav Fruit

Mix together seeds (ie. sunflower, pumpkin, hemp, sesame), dried fruit and a few chocolate chips then pair with your favorite fruit!



### Sticks and Pucks

AKA veggie sticks & cheese, or hummus

\* Choose organic produce & full fat organic cheese to optimize nutrition and minimize pesticides & GMO

\* think outside the box... carrots are not the only vegetable (we need more variety), so try peas, peppers, zucchini, cabbage, celery and definitely broccoli & cauliflower!



### School Blizzard

Greek yogurt & frozen berries

\* add chia, hemp, or sesame seeds for a superboost!

\*Choose plain Greek yogurt and sweeten with honey or extra berries.



### Ants on a log

Celery sticks with hummus spread, topped with sunflower seeds, or raisin ants **OR**

Celery sticks with sunflower/pumpkin seed spread, topped with chocolate chip ants.

## LUNCH IDEAS

### Wrap-it!

Mix scrambled eggs, or leftover lean meat, with shredded chesse, sprinkle over a wrap & heat... when melted, roll it and pack it.



### Protein Smoothie

Add (in order) to a blender: 1/2cup frozen berries, 1 scoop good quality protein powder (ie Vega), 1/2-1cup baby spinach, or kale, 1cup milk, or milk alternative (ie. coconut/ hemp/ rice milk) and blend until smooth (1-3min)

\*Feel free to throw-in some raw nuts, or raw nut butter if it's not for school!



### Pro-sticks

Protein load cooking skewers with cubes of cooked chicken, or tofu & cheese!



### Overnight Dream Team

1/3 cup regular oats

1 cup water, or hemp, or coconut milk, and more if needed

1-2 tablespoons chia OR sesame seeds

1 ripe banana, peeled and smashed

1/4 teaspoon pure vanilla extract



Directions: Mix together the above ingredients in a bowl and place in fridge overnight... in the morning, scoop portions, for family members, into reusable containers.

## SPECIAL GUEST STAR: WATER!

Our body needs it, more than food (upwards of 60% of our body is water based)

Here's a FUN trick to know if you are getting enough: if you pee frequently and it looks like water, you probably are ;)

### BONUS!!

As families at home reinforce healthy foods (and try new ones!), they can share their experiences online for a chance to win a **FREE ONE DAY Paddles-Up Summer Day Camp for their child AND a FREE FOUR WEEK Work Your Butt Off Fitness Camp, for their parent!**

Go to [erinoreillyfitness.com](http://erinoreillyfitness.com) to share your SUPERFOOD experiences and to find easy recipes to re-create your old favorites into healthier choices (the no bake protein bars, or 10min Chia Donuts are a MUST TRY!)

Check out more superfood recipes and our family fitness programs at [erinoreillyfitness.com](http://erinoreillyfitness.com)