

# Eat Right, Play Hard Challenge 2013-2014



Kathleen A. Donovan  
County Executive

**Bergen County Department of Health Services**

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Welcome to a new school year and the sixth year of the *Eat Right, Play Hard Challenge*. Join in the fun and help students move more and make healthy eating choices!

You will automatically receive materials to help you implement upcoming monthly events. Materials will also be posted to the Department's website at [www.bergenhealth.org](http://www.bergenhealth.org). If your school participates in 6 Challenge Activities, your school will receive a personalized award declaring "**We Met the Eat Right, Play Hard Challenge!**" You may participate in all, or any, of the events. Staff from the Office of Health Promotion are available for technical assistance and advice; **please ask**. We will be delighted to be of help in any way that we can. We hope you will enjoy this year's *Challenge* and find it both helpful and fun.

## HERE'S HOW YOUR SCHOOL EARNS A "*We Met the Challenge!*" AWARD:

1. Your school must participate in a **minimum of 6 events** to "Meet the Challenge." **One** of the activities **must be** from the following list:
  - No TV Week/Month,
  - Try a New Fruit or Vegetable or
  - Eat Dinner with Your Family.
2. This year there are six new activities. You may also complete an activity from any of the previous years. Contact the Office of Health Promotion to have materials updated if necessary and to see if prizes are still available. **If you choose an activity that is not a current or previous Challenge activity, please contact the Office of Health Promotion before you complete it to be sure that it is appropriate.**

3. Complete the enclosed Participation Form **each time you complete an activity**. (Or as soon afterwards as you can!)

Fax or mail it to:

Marge Doremus, PhD, RD  
Bergen County Department of Health Services  
4th Floor, One Bergen County Plaza  
Hackensack, NJ 07601-7076150 Sedgwick Road  
FAX: 201-336-6086

The Participation Form is also available at [www.bergenhealth.org](http://www.bergenhealth.org). You can download it, complete it and email it to: [mdoremus@co.bergen.nj.us](mailto:mdoremus@co.bergen.nj.us).

All Participation Forms must be received by **May 9, 2014**.



4. Be as flexible as you need to be. Our goal is to encourage students to move and make healthy eating choices. That might mean having activities on months other than the suggested month. That's fine. Involve as much of the school as feasible. If one class gets involved, it is better than no one.
5. In June, each school will receive a certificate of achievement. Schools that complete the Challenge will also receive a special award, to be presented to the entire school at an event of your choosing.

Please contact the Office of Health Promotion at [mdoremus@co.bergen.nj.us](mailto:mdoremus@co.bergen.nj.us) or 201-634-2709 if you have any questions, comments or concerns.

**Bergen County Department of Health Services**  
4th Floor, One Bergen County Plaza • Hackensack, New Jersey 07601-7076  
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