



**SEPTEMBER 2022**

**HEALTHY EATING CHALLENGE:** Throughout the school year students will be challenged to regularly participate by eating healthy foods. The challenge for the month of September is for students to sample the vegetable “zucchini”. The zucchini may be grilled, fried, or baked.

Zucchini are rich in nutrients and antioxidants, they help with digestion and may improve heart health. Zucchini is easy to add into your diet.

When the student has completed the challenge, a picture or video must be added to the class Dojo story. Students in the K-4th grade will post on the K-4 Dojo page and students in 5-8th grade will post on the 5-8 page. Upon completion of the challenge, students will receive 5 Dimmick Fit points on class Dojo.

