

Join the Adventure!



**Healthy
Together**
Children's Health Program

Are you looking for adventure?

Connect with friends
and family, explore
your community, and
be healthy together!



August 5th -
October 31st,
2019.

Draw prizes of
\$20 gift cards for
active heroes!

Become a **Healthy Habit Hero** and take part in
exciting activities each week.

Let your kids lead the way to fun adventures for everyone in your
family, to encourage healthy choices in all areas of your day.

Get ready to run, jump, play, create, and enjoy time well spent together.

**Submit your weekly activity sheet to enter your family into a
draw for a \$20 gift card.**

Wandering Wednesday..

Have you had any fun outdoor adventures yet this week? We have a trip to the beach on the list, or maybe you've explored nature and made a collage! Feel free to share your explorations here



"We have been to Goose Spit"



What is That?

Find an unfamiliar food and ask...

What is that?

Find out how to cook / eat it:

Draw a picture of what you find:

"I discovered Lion's Mane mushrooms today! I had never seen anything like it before!"



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"Today we learned about salad turnips, and bought corn and blueberries from the market."

Photo Scavenger Hunt

Week 8

**Head to the Courtenay Airpark and
follow the clue!**

**Catch of the day
Will be a "tail" to tell
What do you see?
Is it a fish or a whale?**

Hint: Follow the path South (heading towards Walmart
direction) at the Airpark...

Here it is! The Photo Scavenger Hunt for week 8. This will take you to the Courtenay Airpark, and from there, your adventure will be to find the object in the clue! When you find it, take a picture and post below.

**"We walked from the playground to
Walmart, we must have missed it all we saw
was this"**



"That's the one :)"

Meal Planning

Plan your meals for the week, together as a family

portobella mushroom fajitas + Kale salad
veggie pizza + Kale salad
teriyaki veggie stirfry with noodles and cashews
veggie spaghetti + salad
blackbean burgers + roasted yams
BBQ veggie kebabs, quinoa + broccoli
Lentil soup, cheese + crackers
veggie + cheese quesadillas, raw veg + hummus
Roasted yams, corn on the cob, broccoli, carrots



Photo Scavenger Hunt Week 10



Head to the Community Garden at Courtenay Elementary for the photo scavenger hunt fun!

Round and round the garden
Like a teddy bear
One, two, three, four
What do you see over there?

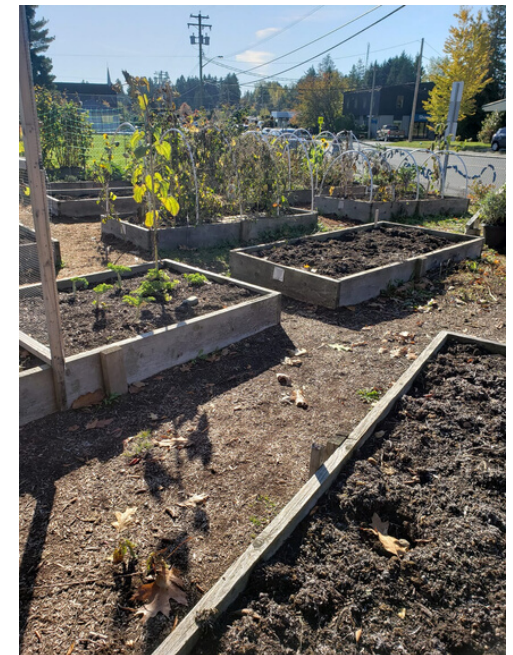
This week's adventure will take you to the Community Garden at Courtenay El. Head on over and take a picture of what you see in the garden! Explore the differences around the garden at this time of year. What do you see there? Post your photos below


"Our trip to the garden"



"Looks like a lovely trip to the garden"

"Learning about compost"





"Here are the rainbow of
ingredients that went into our
veggie stir fry last night. It's fun
eating the rainbow"



Create your own photo scavenger hunt clue for the group

"Heres my photo scavenger hunt clue for this weeks challenge!
Anyone want to play along?"



Now that the weekly activity sheets are complete, I'm curious...What was your favourite activity from the 15 weeks?

"We enjoyed the scavenger hunts it was a fun way to motivate us to get outside and have fun"

"Morning moves.. we kept going with that.Kindness counts. The pay it forward one.Walk it out. Daily walks and talking.Any of the healthy eating ones."

"thank you for all the fun ideas"