



## Introduction to APPLE-a-Day

### What is it?

APPLE-a-Day is APPLE Schools' annual engagement event, designed to celebrate and empower healthy choices in our school communities. This year, the event will take place on **January 21, 2026**, as we move to celebrating APPLE-a-Day each year on the third Wednesday in January.

Inspired by the saying "An apple a day keeps the doctor away," APPLE-a-Day highlights how **small, consistent healthy choices create big impacts**, celebrating individual health journeys while promoting support for making "*the healthy choice the easy choice*."

➡ Check out our wrap-up video from last year's event! ([Facebook](#) & [Instagram](#))

### Why Participate?

APPLE-a-Day is a chance to amplify your success stories and show the world how APPLE Schools creates lasting change. By participating, you're not just celebrating health - **YOU are sharing how APPLE Schools have empowered YOU to make a difference** in your own life and the lives of others!

APPLE-a-Day is an opportunity to showcase the transformative impact of APPLE Schools, including:

- **Better Health for Students:** Lifelong habits like eating well, staying active, and caring for mental health start here.
- **Building Confidence:** Students learn to make smart health decisions, inspiring peers and families.
- **Community Connections:** APPLE Schools bring students, families, and staff together to support wellness.
- **Equal Access to Health:** By making healthy options easy and accessible, every child has the chance to thrive.

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## How to Participate

It's simple! Here's **just a few examples** of how schools, partners, and participants can join in APPLE-a-Day:



1. **Choose One Healthy Action:**

- Drink water instead of sugary drinks.
- Take a mindfulness moment - breathing, reading, meditation, etc
- Go for a quick walk, or participate in a fun movement break
- Try a new fruit or vegetable.
- **Make it your own** - there are limitless possibilities on what you could do!

2. **Share Your Healthy Choice:**

- Post a photo or video of your healthy action on social media.
- Use the hashtag **#OneHealthyChoice** to join the conversation.  
Suggested messages to include:
  - i. **"I choose healthy"**
  - ii. **"APPLE Schools gives me the choice to prioritize MY health"**
  - iii. **"APPLE Schools gives me the choice to LEAD my own health journey"**
- Include the APPLE hand sign (form a circle with your hands to resemble an apple - similar to the "make a heart" gesture but more of a circle).



- **Tag APPLE Schools** on Instagram (@APPLESchools), Facebook (@APPLESchools.ca), X (@APPLESchools) or LinkedIn (APPLE Schools)
  - i. **These steps are important so we can share the movement with many audiences!**
- **Non-Social Media Submissions:**
  - i. Schools and families without social media can email photos and descriptions of their healthy actions to [info@appleschools.ca](mailto:info@appleschools.ca).
- Graphic template available - see Templates at end of document

All submissions that use the hashtag **#OneHealthyChoice** and tag **APPLE Schools** on **January 21st** on social media will be entered to WIN a healthy snack break for your classroom!



3. **Get creative, think of a way to tie the activity to your health and wellness curriculum! Here are some fun ideas :**
    - Schools: Organize a group activity, such as a healthy snack picnic or a wellness break.
    - Partners: Showcase your team making healthy choices in support of APPLE Schools.
    - Families: Share how you're incorporating healthy habits at home.
  4. **Engage With Others:**
    - Like, comment, and share posts with the hashtag **#OneHealthyChoice** to spread the message.
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### **Next Steps for Schools & Partners**

1. Plan activities for January 21, 2026.
  2. Participate in the APPLE-a-Day event with your community.
  3. On the day of, share your healthy choices, use the provided messaging to promote the day, and encourage others to do the same!
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**We'd love to know if your school community is joining in the fun!** Let us know you're planning to participate by connecting with your School Health Mentor - we're here to support you every step of the way.

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### **Canva Templates for Social Media**

Templates are available to create branded graphics if you'd like to add some flair to your posts! Remember to tag us and use the hashtag **#OneHealthyChoice**

With an Image:

[Facebook/X Template](#)

[Instagram Post](#)

[Instagram Story](#)

Text Only ("My **#OneHealthyChoice** is..")

[Facebook/X](#)

[Instagram Post](#)

[Instagram Story](#)