

Gatewood Supports Good Nutrition



Good nutrition throughout the school day supports:

- *academic achievement*
- *a positive social and learning environment at school*
 - *student health*

To support our students' learning and health, Gatewood promotes good nutrition throughout the school day:

- **Birthday celebrations:** Teachers determine whether and how birthdays will be celebrated in their classroom. If food is allowed by your child's teacher for birthdays, *see back of page for guidelines and ideas.*
- **Snacks, other classroom celebrations, and all-school events:** Food offered to students at other times during the school day will make a positive contribution to children's health and diets, with an emphasis on fresh fruits and vegetables, whole grains, and other healthful foods.
 - Classroom snacks are generally donated by families (coordinated by your class GatorAide or teacher) and supplemented by the PTA.
 - Classroom celebrations and all-school events will most often focus on activities and may sometimes include a healthful snack.
 - *See back of page for snack guidelines and ideas.*
- **Incentives:** When used at Gatewood, incentives will most often be non-food items, privileges, or activities.

Thank you for supporting our efforts to improve nutrition at Gatewood. We wish to create the best learning environment possible for children. According to research done by RULER at Yale, a healthy diet is one of three essentials to promote success in learning. The three are diet, exercise, and sleep.

HEALTHFUL FOOD CHOICES FOR SCHOOL SNACKS & CELEBRATIONS

Classroom snacks:

Here are some possible ideas for classroom snack donations:

Perishable (when refrigerator is available, or serving same day):

- Baby carrots
- Snap peas
- Mini apples
- Tangerines/satsumas
- Grapes
- String cheese

Non-perishable:

- Dried fruits with no/low added sugar, e.g. raisins, apricots, apples
- Whole grain crackers
- Whole grain cereals with low added sugar
- Popcorn (low salt)
- Roasted pumpkin or sunflower seeds

Birthday celebrations:

If food is allowed by your child's teacher, here are some healthful, kid-friendly treats:

- Fresh fruit, e.g. watermelon or orange slices
- Fruit & cheese kabobs
- Popcorn (low salt)
- 100% fruit juice popsicles
- 100% fruit leathers
- Squeezable frozen yogurts