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**BARBARA K. LIPMAN**  
**EARLY LEARNING CENTER**

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**HEALTHY BODIES, HEALTHY MINDS**

Improving the Lives of Children Through Healthy Lifestyles  
Nutrition and Fitness Initiative

Send a Snack for School

Snack time is an enjoyable and restful break during our busy day. As part of our new Nutrition and Fitness initiative, parents are requested to send snacks for their own child each day. If your child remains for After Care, two snacks will be needed. Our goal is to teach children about nutrition and help families to adopt active healthy lifestyles.

The American Academy of Pediatricians recommends promoting healthy eating patterns by offering nutritious snacks, such as vegetables and fruits, low-fat dairy foods, and whole grains; encouraging children's autonomy in self-regulation of food intake and setting appropriate limits on choices; and modeling healthy food choices. <http://aappolicy.aappublications.org>

The Tennessee Department of Education regulations recommend two foods at each snack time. One should be a fruit or a veggie and the other should be a "crunchy". Children will be offered milk or water as a beverage daily. We will continue to strive to be a nut-free environment, so peanut butter is not an option. Thank you for helping us implement this new program.

Fitness and exercise are important components of our new healthy living initiative. This year all children will participate in our "Yoga and Fitness" program. The curriculum will include engaging mind and body through a unique blend of physical yoga, social skills games and mindfulness activities. Yoga and fitness will help children develop emotional intelligence, communication skills, trust and empathy. Physical activity nurtures teamwork and leadership and provides for a calmer and more productive school environment.

Suggested fruits and veggies

celery & cream cheese  
sliced apples  
sliced pears  
plums or peaches  
cucumbers  
bananas  
oranges - peeled and sliced  
grapes - sliced  
canned fruits (not in syrup)  
applesauce  
raisins  
peas or green beans

Suggested "crunchy"

½ a bagel  
cereal  
whole grain crackers  
graham crackers  
granola bars  
rice cakes  
whole grain muffin  
pita bread

trail mix - no nuts  
pretzels - Jr-K and kindergarten only  
popcorn - Jr-K and kindergarten only

Other snack suggestions

string cheese  
jello cup  
pudding cup  
cut up squares of cheese  
yogurt  
hard boiled egg

Avoid - except for birthdays

cookies & donuts  
cupcakes  
chips