

Dear Parents,

We are pleased to announce the addition of the Color Me Healthy nutrition program to our Montessori curriculum. The goal of this program is to introduce the concept of healthy eating to our youngest students. The curriculum includes many components including songs, games, and lessons. Lesson plans incorporate experiencing a variety of fruits and vegetables, as well as other healthy food choices. We request your support by contributing to the cooperative volunteer snack program with healthy choices that the teachers will integrate into their lessons. We will provide you with a specific day or days, to provide a healthy “snack” for your child’s class each month. You will receive a monthly “snack calendar” with your requested date and snack. We encourage your collaboration as we focus on organic fruits and vegetables, dairy, and whole grains. Below are some product suggestions. Your classroom teacher will let you know if they item you bring will involve student preparation participation. Unless requested, please prepare fruits, vegetables, chips or crackers in individual serving packets as required by the Arizona Department of Health Services.

Snack Reference List

Apples (organic preferred) Gala, Pink Ladies, or Fuji, cut into individual servings unless requested whole

Applesauce (organic preferred) in individual serving cups

Cheese-Mild Cheddar Cheese or Monterey Jack Snack Sticks, String Cheese (any kind), Cow Pal Snack Cheese packets (Frys)

Chips & Crackers-single serve packets of whole grain, low sodium and minimal sweeteners preferred like Mini Pretzels or Baked Goldfish- Cheddar

Cucumbers- English (frequently wrapped in plastic), Hot House or Seedless cut into individual servings

Fruit Leather: Stretch Island Fruit or ALL NATURAL fruit leathers.

Granola bars-**Nut Free** Annie's Organic Chewy Granola bars, Envirokids Organic Crispy Rice cereal bars, Clif Kid Z Bars, Fiberful granola bars (Trader Joes)

Juice boxes-KIDS Reduced calorie Apple juice drink, or fruit punch, Apple & Eve juice boxes

Yogurt-YoKidz Squeezers, Tuberz Organic lowfat yogurt, Organic lowfat yogurt Squishers

Birthday Treats-We plan to commemorate a birthday, by scheduling your child’s designated snack on their birthday or close to their actual day.

Some birthday snack ideas

Fruit Stix - Creamy Mango bars

Dryer's Fruit Bars

Enviro Kids Organic Crispy Rice Cereal bars

Tofutti "cutie" sandwiches

Julie's Organic Juliette Sandwiches

Julie's Organic Lowfat Yogurt bars

We hope that you and your child will enjoy the Color Me Healthy program and the healthy eating habits which we hope to build throughout the year. Also, look for the monthly Color Me Healthy newsletter.