



Education that inspires... Opportunities for all

RIVER TRAIL SCHOOL

333 N. O'Plaine Road • Gurnee, IL 60031 • 847-249-6253 • www.d56.org

Healthy Bodies, Healthy Minds! 2013-2014 River Trail School Initiative

Dear River Trail Families,

In an effort to provide students with the healthiest environment possible, and to adhere to the River Trail School Improvement Plan (SIP), we are accepting **only healthy foods for school snacks and classroom birthday celebrations.**

Children need healthy snacks to help them grow and stay focused. Snacking isn't bad for kids, but what they eat and drink during the school day is very important. Giving your children healthy snacks today encourages them to make healthy food choices in the future.

Please read the information on the other side of this letter to help you plan for and choose healthy snacks and birthday treats. Any food items brought into the school that are not considered healthy (cupcakes, cookies, donuts, candy, soda, ice cream, etc.) **will not** be allowed into the classrooms, except during our 3 classroom holiday parties.

We are looking forward to working with you in making River Trail School a productive and healthy environment for all students and staff!

Have a healthy day!

*Jennifer Glickley
Principal, River Trail School*

Jennifer Glickley, Principal
jglickley@d56.org

Maria Moreano, Assistant Principal
mmoreano@d56.org

Planning Healthy Snacks

A good guideline to follow when choosing foods for healthy snacks is to choose foods and beverages that are low in fat and sugar and are minimally processed.

Snacks that are especially good for kids are fruits and vegetables, low-fat dairy products such as milk and yogurt, and whole-grain foods including whole-wheat tortillas, bread, and cereal. Lean meats, eggs, and nuts in small portions can be healthy snacks too. Processed, less-healthy snack foods such as chips, sugary drinks, candy and cake are not good choices for every day.

A good way to create a healthy snack is to include two foods from two different MyPlate.gov food groups. The food groups are:

- Protein-lean meats, legumes, tofu, and nuts
- Low-fat dairy foods such as milk and yogurt
- Fruits and 100% juice
- Grains such as bread, cereal, crackers and popcorn

Other Healthy Snack Tips

- Make snacks kid-sized.
- Snacks should be colorful.
- Offer fruits and vegetables often.
- Drinks should be served in small portions, about ½ cup each. Water is a healthy choice.
- Keep snacks near 100 calories.

Ideas for snacks!

- Low sugar cereal
- Low-fat cheese on tortilla
- Fresh fruit with yogurt
- Graham crackers
- Yogurt with cereal on top
- Baked tortilla chips with salsa
- Vegetables and low-fat dip
- Whole-grain crackers with peanut butter or hummus
- Fruit salad
- Smoothie
- Popcorn
- 100% juice
- Banana (cut in half for younger children)
- Apples, grapes, oranges
- Whole-grain muffins or bagels

Ideas for Birthdays!

We celebrate every student's birthday by being recognized during our morning announcements. You can also bring in any **healthy** treat to help your child celebrate with their class. These are other ways to celebrate with your child's class:

- Stickers
- Pencils
- Erasers
- Bubbles
- Bouncy balls
- Small toys (one per student)
- Donate a book to the class!

No goodie bags!!!

