

## School Wellness Policies

Federal law requires every school district to have a local wellness policy. These policies must address nutrition education, physical activities, school meals and all other foods and beverages available at schools.

Do you know your school district's wellness policy? Do you have ideas to help improve the health and wellness of the students?

Consider joining the Student Healthy Advisory Committee (SHAC)!

To find information on the Student Healthy Advisory Committee (SHAC) go to:

Tylerisd.org → Parents & Students → SHAC



**A healthy future is everyone's  
responsibility**

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# Let's Celebrate, the healthy way!



## Food Services Department

Victor Olivares-Food Service Director

Jennie Hammerbacher-Dietitian

1327 Earl Campbell Parkway  
Tyler, TX 75701

Phone: 903-262-1110

Fax: 903-262-1169

E-mail:

jennie.hammerbacher@tylerisd.org



## Food Services Department

Providing optimum nutrition for your student!

### Terrific Trail Mix

1 1/2 c dried fruit

1 c Rice, Corn, Wheat Chex®

1 c Cheerios®

1 c pretzel sticks

Mix together in a large bowl, place in snack bags.

### Celebration Smoothie

1 c frozen strawberries

1/2 c frozen peaches

1 banana

8 oz. low fat vanilla yogurt

1/2 c orange juice

Place all ingredients into blender, blend until smooth.

## Healthy Classroom Celebrations



Think about making the next classroom celebration more about the activities and less about the food! Here are some ideas to get your celebration started.

- ◆ Give a “free choice” of activities. Like art, music, physical activity.
- ◆ Host a “dance party” for the class. Have some fun music playing and teach age appropriate dance steps.
- ◆ Set up activity stations. Have three, four or more stations with different crafts.
- ◆ Host story time with a book that follows the celebration theme. This is a great way to get some guest readers to come into the classroom.
- ◆ Plan some fun/active party games.



### Now for the food...

Food is generally the biggest part of any celebration. Think about activities first and food last. Use these food ideas to help keep the party goers nourished and active.

- ◆ Have a yogurt parfait bar. Have 1-2 flavors of yogurt and a variety of toppings.  Dried or fresh fruits, crunchy toppings like broken graham crackers or cereal.
- ◆ Make your own trail mix! Have 3-4 different items that children could place in a snack size bag!
- ◆ A veggie tray! Set up a colorful assortment of kid friendly veggies! Think sweet peppers, cucumbers, grape tomatoes, carrots. Have a nice light dip too!
- ◆ Make fruit kabobs! These are really fun when cut into shapes. A nice low-fat yogurt dip goes great with these kabobs. 
- ◆ Try angel food cake or a low fat pound cake topped with low fat whipped cream and fruit.



### What about other celebrations?

Birthdays:

- ◆ Make the birthday person a hat, sash or ribbon.
- ◆ Let the birthday child choose an activity or game
- ◆ Encourage parents to bring small toys instead of cupcakes.

Holidays:

- ◆ Host a movie party! Have a holiday themed movie for the students.
- ◆ Have holiday themed crafts!

Whatever the celebration, try to not use foods as a reward or prize. Instead use stickers, crayons, play dough, coloring books, reading books or bouncy balls.

**So celebrate good times the healthy way!**