

Dear Kenbrook Parents,

I am sure that you are fully aware and concerned that the State of Michigan has been identified with children who are increasingly overweight, have less physical activity, and that we are seeing a rise in cases of Juvenile Diabetes. Many studies also substantiate the link between nutrition, physical activity, and behavior in and out of the classroom.

We at Kenbrook School are concerned about these issues, too. Since your child spends a large portion of his/her day here, we are able to have a tremendous impact. We want that impact to support the message of good nutrition and physical activity as key components of a healthy lifestyle that will carry over to adulthood as well. We are implementing the following:

- Students are discussing healthy food and healthy bodies as part of their health and science units.
- **We only have healthy snacks and birthday treats in our classrooms.** A list of suggestions is provided for you with this letter. A book or board game donated to the classroom in your child's honor is also a great birthday suggestion.
- School lunches: **If you send your child to school with a lunch, please do not include pop of any kind.** Send bottled water, milk or any type of juice.

Please review this letter with your child so that we can continue to work together for a healthy and rewarding school year. Your child's teacher will also discuss these guidelines with their class.

Please also remember that we are a peanut and tree nut free school. We appreciate you reading all labels first.

Thanks for your valuable and crucial assistance in these matters.

Sincerely,
Arnie Rubin, Principal

Healthy Snack Suggestions:

Fresh Fruit (cut up or whole)
Dried Fruit
Applesauce
Raisins
Fresh Vegetables (cut up or whole)
Celery with Low/No Fat Cream Cheese
Low-Fat Granola or Bars
Chex Mix (no peanuts)
Baked Potato Chips
Baked Tortilla Chips/Salsa
Pretzels
Graham Crackers
Mini-Bagels
Animal Crackers

Puffed Rice Cakes
Low Fat Crackers
Air-Popped Corn
Non-Sugar Coated Whole Grain Cereals
Pita Bread and Hummus
Low/No Fat String, Cubed or Shredded Cheese
Yogurt or Gogurt (Low/No Fat)
Cottage Cheese Low/No Fat
Hard Cooked Egg
Low/No Fat Pudding
Pumpkin Seeds
*Fruit Rollups and Fruit Snacks are NOT considered a healthy snack as they contain a VERY high content of corn-syrup (sugar).