

BIRTHDAY TREATS !

And Star Student Celebrations

Birthdays are a time to celebrate. Keep the focus on the celebration by using sprinkles, ribbons, and similar fanfare! Top anything with cream cheese or whipped cream followed by sprinkles...instant festivity!

Think Healthy:

Caramel apples

Fruit Kabobs

Chocolate covered strawberries

Chocolate covered dried fruit

Watermelon slices

Fruit cups topped with whipped cream and sprinkles

Think Small:

Mini muffins, cupcakes or cookies

Donut holes

Frozen Fruit bars

Frozen yogurt

Think Non-food treats:

Trading cards

Decorative pencils

Erasers

Locker magnets

Hand tattoos

Squinkies

Squishies

Silly Bandz

Celebrations on school grounds are asked to follow the Wellness Policy and Allergy Awareness guidelines by providing a scaled down version of a traditional dessert or a healthier alternative, either of which is NUT-FREE. Please check with your child's teacher to make sure there is no other celebration planned for that day as well.

For questions/suggestions contact: Gretchen Fermann, gfermann@zoomtown.com

The Wellness Committee
presents:

Healthy Snack Options

Packing a nutritious snack everyday ensures that the body and mind are fueled properly for optimal performance and variety keeps it interesting and fun. **Please be aware of the Nut Policy regarding no foods containing nuts or nut ingredients in the classroom.** Consider...

Fresh fruit, dried fruit, fruit leathers*, fruit cups, or applesauce*

When sending sliced apples, add ¼ tsp lemon, orange, or pineapple juice so they won't turn brown

Raw veggies (with or without dip)

Think edamame, sugar snap peas, carrots, celery, grape tomatoes, cucumbers, green/red/yellow pepper strips...

Mini bagels, mini pita, bagel chips, or pita chips**

with cream cheese, honey, fruit preserves, or hummus

Trail mix (nut-free)*****

Goldfish, rice cakes, pretzels, graham crackers, “Pirate Booty”, or popcorn**

Dry cereal or granola (nut-free)*****

Breakfast bars, cereal bars, granola bars (nut-free)*****

Cheese sticks or cheese cubes

Low fat yogurt*

Mini muffins* (homemade! if possible)***

* try to find items without added sugar, especially **HFCS** (high fructose corn syrup) which has a high glycemic index, converts to fat more readily, and increases the risk of type 2 diabetes, heart disease, strokes, and cancer.

** look for items without **trans fats** (partially hydrogenated oils) which decrease “good” cholesterol, increase “bad” cholesterol, and increase the risk of heart disease.

***nut-free means not made with nuts, nut oils, nut flour, nut extract, or nut paste.

That same old brown bag lunch is probably getting a bit stale at this point in the year. Need some help thinking outside the (lunch)box? Here are some webpages full of fresh ideas to peruse. Since some of these links are rather long, you can access them directly from the smshp.com website by going to the PTO /Wellness Websites.

<http://www.cookiemag.com/magazine/blogs/food/lunch/>

This site starts with a fun 3 minute VIDEO about assembling a great lunch and then proceeds to list 30 original lunch ideas.

<http://www.laptoplunches.com/>

Beyond selling nifty container lunch boxes, clicking on "lunch ideas" brings you to a list of helpful ideas including INSPIRATIONAL LUNCH PHOTOS.

<http://www.schoolfamily.com/school-family-articles/article/735-5-sack-lunches-kids-love>

In addition to 5 fantastic brown-bag lunch ideas, there is a link to a printable LUNCH PLANNER for the type A's among us, or those who wish to involve an older child.

http://www.kiwimagonline.com/articles/articles_print.php?art_id=62&hdl='The Healthy Lunchbox

Scroll to the bottom third of this page to view a handy PLANNING GRID for stocking up and packing well-rounded and nutritional lunches with ease.

<http://www.webmd.com/food-recipes/features/15-fresh-brown-bag-lunch-ideas>

Browse this list for some additional FRESH, SIMPLE IDEAS

Keep scrolling down for lots more interesting websites.....

Nutrition

Advice can be heard everywhere! Here are a few **Wellness Websites** to help navigate the sea of information:

www.eatright.org/ : an excellent source of food and nutrition info including top 10 reasons why consulting with a Registered Dietitian can benefit you and a search tool to find a local professional

www.whfoods.com/ : an informative website on the healthiest way of eating centered on fresh vegetables and fruits

www.nutritiondata.com : this site has a tool for calculating BMI and a daily caloric needs calculator

www.MyPyramid.com : contains a handy "foodapedia" to look up food group and calories of any food and a food tracker to analyze one day's worth of food for nutritional content

www.eatingwell.com : browse the nutrient library to learn why at least 27 essential nutrients are important for your health

We couldn't have said it any better than Pink Floyd:

"IF YOU DON'T EAT YOUR BEETS, YOU CAN'T HAVE ANY PUDDING"!

Allergy Information Websites

1. The Food Allergy & Anaphylaxis Network

www.foodallergy.org

For all-inclusive information on the world of food allergies, check out FAAN, the national organization established for the sole purpose of setting forth the A-Z of food allergies. This site assists the newly diagnosed, those seeking education and understanding, educators and friends and family of someone with food allergies. Legislative updates are provided as well.

2. American Academy of Allergy, Asthma & Immunology

www.aaaai.org

Under its' "patients and consumers" section, this site provides the elements of allergies (environmental & food) and asthma. Resources are wide in range, such as an allergy and asthma "interactive symptom checker" as well as expert opinions on how to proceed in certain allergy and asthma scenarios. Also features health "headlines," such as information on the H1N1 flu.

Continued....

3. American College of Allergy, Asthma & Immunology

www.acaai.org

This site offers public information and education on choosing an allergist/immunologist,

home allergy management and touches on current allergy and asthma issues.

4. Food Allergy Initiative

www.FoodAllergyInitiative.org

In addition to an overview of food allergies in terms of management and living with, this site provides updates on food allergy research and efforts in clinical settings.

5. Food Allergy Awareness, Support & Training, Inc.

www.FAASTCincy.org

Visit this site for meeting information on the local food allergy awareness, support and training group that serves Greater Cincinnati.

Fitness

[Free Trainers.com](http://free trainers.com) - <http://free trainers.com/>

As the name suggests, **Free Trainers** offers most of what you'll find on the majority of paid subscription websites, but for free.

[Fitness.com](http://www.fitness.com) – <http://www.fitness.com/>

Large selection of exercises, fitness articles, and healthy recipes to choose from

[Fitday.com](http://fitday.com) – <http://fitday.com/>

tools for tracking your foods, exercises, weight loss, and goals.

The Fitness Jumpsite - <http://www.primusweb.com/fitnesspartner/>

This site provides articles and links about health/fitness. The experts at this site are all certified or degreed fitness professionals and make it a point to cover the health issues everyone's talking about.

FitWatch - <http://www.fitwatch.com/>

This site offers free fitness and nutrition tracking that allows you to keep track of your exercise and diet. There's also a paid version that offers more features.