



# Smart Start Healthy Initiative

## Instilling Healthy Habits From the Start!

- ◆ Healthy meals are cooked on site, we do not permit outside food for breakfast, lunch, or snack.
- ◆ We serve **ORGANIC milk** for breakfast and lunch.
- ◆ We serve **bottled water** for snack.
- ◆ Our **rice is brown**.
- ◆ Our **pastas is whole wheat**.
- ◆ Our Mac & Cheese is low fat, we use less cheese and sweeten it with butternut squash soup!
- ◆ Ground meat used in our meals is **ground turkey**.
- ◆ Our breads and **tortillas** are **whole wheat**.
- ◆ Some of our **healthy snacks** include, hummus, carrots, yogurt, celery, homemade corn & blueberry muffins. Corn chips are served with our **homemade black bean, corn, and mango salsa**.
- ◆ Once a month we cook **pizza for lunch**. It is **made on-site** with whole wheat crust, part skim mozzarella, and no sugar added sauce.
- ◆ Our **vegetables are ORGANIC, not canned!**
- ◆ Our **fruits are fresh, not canned!**
- ◆ We serve **NO juice**, candy, cake, or ice cream.
- ◆ Healthy nutrition topics are taught in class.
- ◆ Students plant, grow, and harvest vegetables in the school garden. Students conduct field studies and measure, count, weigh and compare vegetables grown in the garden. Parents report they eat more vegetables at home when they grow them at school.
- ◆ Cooking activities in class have a healthy focus.
- ◆ **Physical Activity:** In addition to 60—90 minutes per day of physical activity on our playground, children ages 2 ½ -4 participate in a 30 weekly soccer class. VPK and Kindergarten kids participate in a soccer classes twice a week for 30 minutes with our soccer coaches. Twenty misting fans keep kids cool and also blow away mosquitos.
- ◆ We believe in a **reducing screen time** for kids. Children ages 3 and up use tablet technology that is limited to 20 minutes twice a week. There is no television in the school.
- ◆ **We brush our teeth everyday after lunch** with a disposable toothbrush; cost to parents is only \$40 per year.

# It's All Good....And Healthy! At Kids For Kids Academy



To support our Healthy Initiative student made their own turkey wrap ups!



For a math activity one class talked about colors and used vegetables to make color patterns....They ate the whole bowl and the patterns with their lunch.



After learning about each veggie, another class used the veggies to make a vegetable salad bar!



As part of our healthy initiative, our school does not permit cake, ice cream or other unhealthy snacks. Here are some healthy alternatives you can use to celebrate your child's birthday or special occasion at our school and in your home. We are a peanut free school, please substitute apple butter, yogurt, or cream cheese for any items that may use peanut butter. Over 400 other examples can be found on our school website.