

Freddie Woodson, Deputy Superintendent  
District/School Operations

**SUBJECT:           REQUEST THAT THE SCHOOL BOARD ADOPT AND  
IMPLEMENT THE REVISED SCHOOL WELLNESS POLICY  
PER THE REQUIREMENTS OF THE CHILD NUTRITION AND  
WIC REAUTHORIZATION ACT OF 2004**

**COMMITTEE:       INNOVATION, EFFICIENCY & GOVERNMENTAL RELATIONS**

**LINK TO DISTRICT**

**STRATEGIC PLAN: ENHANCED STUDENT WELLNESS EDUCATION**

The Child Nutrition and WIC Reauthorization Act of 2004 required local educational agencies to adopt a School Wellness Policy by June 2006. At the School Board Meeting of May 10, 2006, the School Board approved Agenda Item E-37 creating the Miami-Dade County Public Schools Wellness Policy.

A District Wellness Advisory Committee was created to develop and assist in the implementation of the District Wellness Policy. This committee is comprised of one appointee from each School Board Member and one appointed representative from each of the following community organizations: The Children's Trust, The Health Council of South Florida, The Health Foundation of South Florida and Miami-Dade County Council of PTAs/PTSAs. This is an active committee that meets monthly to discuss, support and implement various wellness initiatives in Miami-Dade County Public Schools (M-DCPS). This committee is involved in many initiatives, among them are:

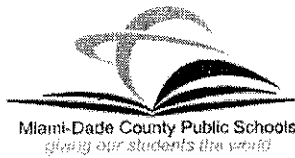
- The Alliance for a Healthier Generation Healthy Schools Program
- Farm to School Program
- Plant a Thousand Gardens Collaborative Nutrition Initiative
- Recommendations for Healthy Celebrations at School
- Fitness/Wellness Centers in high schools and middle schools
- Healthy Beverage and Food Guidelines
- HealthConnect in Our Schools
- Miami Children's Hospital Pilot Program to Combat Obesity
- University of Florida/Miami-Dade County Extension Family Nutrition Program

**E-36**

Additionally, it is the responsibility of the District Wellness Advisory Committee to review the Wellness Policy each year and bring recommended revisions to the School Board for review and approval. This is required by the Federal Child Nutrition and WIC Reauthorization Act of 2004.

The committee has reviewed the policy and made revisions based on input from community members and M-DCPS staff members. Additionally, at the School Board Meeting of February 11, 2009, the Board approved Agenda Item H-10, proffered by Vice Chair Dr. Marta Pérez, which requested the Superintendent to ask the Wellness Advisory Committee to develop lists and/or classroom party menus with appropriate food choices to be provided to our students, parents, and teachers. The Healthy Beverage and Food Guidelines and the Recommendations for Healthy School Celebrations have been incorporated into this document. Changes from the current policy are indicated by underscoring words to be added and ~~striking through~~ words to be deleted.

**RECOMMENDED:** That The School Board of Miami-Dade County, Florida, adopt and implement the attached revised School Wellness Policy per the requirements of the Child Nutrition and WIC Reauthorization Act of 2004.



## MIAMI-DADE COUNTY PUBLIC SCHOOLS WELLNESS POLICY

Established By Board Action May 10, 2006  
Revised by Board Action October 17, 2007

### Introduction

On May 10, 2006, Miami-Dade County Public Schools (M-DCPS) established, by Board action, a Wellness Policy for the District as a result of the Child Nutrition and WIC Reauthorization Act of 2004. The Wellness Policy is mandated to be reviewed, and if necessary, revised annually. Its focus is to promote wellness and address current health issues facing our students.

### Preamble

~~The Miami-Dade County Public School District (M-DCPS) is committed to providing a healthy environment for students and adults staff within the school environment, recognizing that people individuals must be physically, mentally and socially healthy in order to achieve improve their academic success performance.~~

~~M-DCPS also recognizes that there is a link between academic performance and the food served in schools, health literacy and nutrition education, physical education and physical activity, and environmental awareness.~~

### Students

The District will focus on achieving ~~four~~ five goals:

- Nutrition – all students will have access to and will be encouraged to take advantage of high-nutrient food options served at school
- Physical Education – all students will engage in the required and recommended levels of Physical Education
- Physical Activity – all students will engage in the daily recommended levels of physical activity
- Health and Nutrition Literacy – all students will be educated ~~on how~~ and encouraged to make 'health-enhancing' healthy life-style choices and will learn how to develop healthy relationships
- School-based Healthcare – all students will have access to physical, and mental and preventive healthcare

### Staff

The District will focus on one goal for staff:

M-DCPS will provide direct and/or indirect communication and resources to promote a healthy lifestyle through nutrition, physical activity and preventive healthcare.

~~Together, these objectives set the foundation for a coordinated, comprehensive wellness program that enables students to succeed academically.~~

### Introduction

~~To promote wellness and address current health issues facing our students, including childhood overweight and obesity, the M-DCPS will provide:~~

- ~~1. Nutritious foods, available on campus during the school day, to promote student health;~~
- ~~2. Physical education and physical activity, to enable students to develop healthy lifetime habits conducive to cardiovascular conditioning, flexibility, coordination, balance and physical strength;~~
- ~~3. Health literacy and nutrition education to equip students to make the most health-enhancing decisions about the food choices available to them, and to understand health-related influences in the environment; and~~
- ~~4. School-based healthcare to protect students' physical, mental, social and emotional health.~~

~~The M-DCPS Wellness Policy establishes objectives in each of these areas, and sets guidelines for how to meet them successfully in a coordinated, comprehensive wellness program that enables students to succeed academically.~~

### **Policies Students**

1. **Nutrition Goal:** All students will have access to and will be encouraged to take advantage of high-nutrient food options served in school.

**M-DCPS Policy:** ~~The M-DCPS will provide nutritious foods, available on campus during the school day, to promote student health.~~

**(1a)** The Department of Food and Nutrition will serve food that is high in fiber, free of added trans fat, low in added fats, sugar, and sodium, respectful of cultural diversity and served in appropriate portion sizes consistent with United States Department of Agriculture standards with adequate time allotted for meal consumption and in an environment conducive to making nutritional choices.

**(1b)** The Department of Food and Nutrition will assist in the implementation of the District's Healthy Beverages and Food Guidelines (Appendix A).

**(1c)** The District will encourage parents and teachers to have healthy celebrations at school by providing recommendations and resources (Appendix B).

2. **Physical Education and Physical Activity Goal:** All students will engage in daily required and recommended levels of physical activity.

**M-DCPS Policy:** ~~M-DCPS will provide physical education, and physical activity, to enable students to develop healthy lifetime habits conducive to cardiovascular conditioning, flexibility, coordination, balance and physical strength.~~

**(2a)** Elementary Physical Education, grades K-1: 150 minutes of weekly instruction of in physical education provided by the homeroom teacher is required.

**(2b)** Elementary Physical Education, grades 2-5: 150 minutes of weekly instruction in physical education by a physical education teacher is required.

(2c) Middle School Physical Education, grades 6 – 8: A minimum of one semester in each of the three years is required for all students unless a waiver is submitted at the time of subject selection, each year. Students will be encouraged to take physical education for the entire year through an annual course to develop and maintain health benefits.

(2ed) Secondary Senior High School Physical Education, grades 9–12: A minimum of one credit of physical education in senior high schools is required. One semester must be Personal Fitness and the second semester must be any physical education course offered by M-DCPS with the approved state course codes. Recommended 225 minutes per week, preferably at least 50 minutes daily.

If additional periods are added to the current six-period day in middle and senior high schools, then physical education requirements may be increased.

~~(2d) Recess for students in grades PK–5 is required to take place either three times a week for 15 minutes each time or two times a week for 20 minutes each time in all grades. Recess is defined as unstructured playtime that is supervised by adults, but not directed by adults.~~

(2e) Physical education will be taught by a certified specialist and be an essential part of every school's instructional program, subject to differing abilities of students. The program will stress the importance of physical fitness and encourage healthy life-styles.

(2f) Physical education will include training in skills needed for enhancing health, such as:

- Comprehension of concepts related to health promotion, disease prevention, and reduction of health risk,
- Ability to access valid health information,
- Ability to analyze the influences of culture and technology on health,
- Effective interpersonal communication skills,
- Setting goals and making decisions,
- Stress Reduction,
- Advocacy skills for personal, family and community health,
- Instruction in CPR/AED.

3. Physical Activity Goal: All students will engage in recommended and required levels of physical activity.

M-DCPS Policy: All students will engage in the recommended levels of 60 minutes per day of physical activity. These activities can be a combination of recess, before and after school activities.

(3a) Recess for students in grades PK-5 is required to take place either three times a week for 15 minutes each time or two times a week for 20 minutes each time. Recess is defined as unstructured playtime that is supervised by adults, but not directed by adults; it can include activities directed by adults as outlined in the district's Recess Manual.

(3b) Students will be provided the opportunity to participate in physical activity in afterschool programs and school intramural programs.

34. Health and Nutrition Literacy Goal: All students will be educated and encouraged to make healthy life-style choices and will learn how to develop healthy relationships.

**Health Literacy M-DCPS Policy:** In addition to health and fitness taught in physical education programs, all students will be taught comprehensive principles of nutrition and health implications, media literacy, an appreciation of healthy food and other competencies essential to making health-enhancing choices. ~~Strategies employed will include, but not be limited to:~~

~~(34a)~~ Incorporating ~~h~~Health literacy education will be incorporated into classroom instruction in ~~all~~ core-curriculum areas when applicable including comprehensive concepts on health enhancing behaviors, and risk factor reduction for life-style disease prevention, bullying and violence prevention, personal safety, identifying and managing stress, and sexual health and body image.

~~(34b)~~ Providing ~~n~~Nutrition education will be provided at all grade levels. Nutrition education which will includes lessons and experiential learning opportunities, such as edible gardens, that enhance health and take into account:

- Emphasizing the importance of goal-setting and positive decision-making strategies that enhance health including those related to food intake and energy expenditure.
- Analyzing the influence of culture, media and other factors on food choices and preferences in personal health practices including food preparation methods that enrich and challenge healthy living.

~~(34c)~~ Students will be ~~Training~~ students trained to differentiate between marketing messages and substantive health information.

~~(34d)~~ Promoting ~~h~~Healthy food choices and fresh food on school premises will be promoted by making relevant nutrition information available as close as possible to the point of choice.

**45. School-based Healthcare Goal:** All students will have access to physical and mental healthcare.

**M-DCPS Policy:** All students have access to support systems that address physical, mental, social and emotional healthcare wellness.

~~(45a)~~ By 2010, Through HealthConnect in our Schools, ~~will provide every school with~~ a school-based health team will be provided to ensure that a coordinated level of healthcare is consistently available at ~~every school~~ select M-DCPS schools, including but not limited to:

- ~~— Link to medical home~~
- ~~— Mandated screenings and assessments with appropriate follow-up~~
- ~~— System for dealing with crisis medical situations~~
- ~~— Appropriate administration of medications~~
- ~~— Social histories~~
- ~~— Mental health counseling and primary care as appropriate~~
- A coordinated level of school-based healthcare.
- Expanded health screenings and assessments with access to follow-up care.
- Mental and behavioral health services to identify and solve student health and educational issues.
- Better access to a regular primary care physician.
- Assisting uninsured students, who have no other options or access to healthcare, in gaining access to primary health services.
- Chronic disease management.

~~(4b) Each team will be composed of a school nurse, school social worker, and two health technicians. Currently, it is estimated that each team will serve two schools. Each team will be associated with one or more community health providers, who will provide health services to students and/or link students to medical homes.~~

~~(4c) Staff Wellness~~

- ~~Information on health literacy, nutrition and physical activity will be provided to all school district staff.~~

(5b) The Miami Dade County Health Department School Health Program will provide school-based health services in primary and satellite schools to support students' academic success by providing specialized services. They will provide some level of school health services in all M-DCPS schools without access to a health team. Primary school staff will include nurses, social workers and health support technicians. Satellite school services will be provided by nurses.

Services provided by assigned staff at primary schools will include, but are not limited to:

- Nursing and mental health assessments, counseling, referrals and follow-up,
- Mandated screenings and follow-up,
- Vaccine administration and immunization compliance,
- Parent consultations,
- Referrals and follow-up of health problems,
- Educational classes on a variety of health topics,
- Chronic disease management with care plans and child specific training,
- Medication administration quality assurance and improvement.

### Staff

Staff Wellness Goal: Provide direct and/or indirect communication and resources to promote a healthy life-style through good nutrition, physical activity and preventive healthcare.

### **Monitoring and Evaluation**

The Superintendent's Wellness Advisory Committee is responsible for reviewing and monitoring the District's Wellness Policy in accordance with the District's goals and initiatives to ensure high academic achievement through enhanced wellness curriculum and programs to improve the health of all students and staff.

School sites are also authorized and encouraged to convene school wellness committees to ensure the implementation of this policy and related activities.

The goals, objectives and guidelines of the M-DCPS Wellness Policy will be reviewed annually. Recommendations to the Superintendent by the Wellness Advisory Committee will address responses to changing conditions, more effective techniques and proven strategies, incorporate new objectives if needed, and ensure that the guidelines reflect emerging scientific knowledge relevant to our children's the health of students and staff.

To view the M-DCPS Wellness Policy Agenda Items please go to:  
<http://pdfs.dadeschools.net/Bdarch/2007/Bd101707/agenda/e36.pdf>  
<http://pdfs.dadeschools.net/Bdarch/2006/Bd051006/agenda/e37.pdf>  
<http://pdfs.dadeschools.net/Bdarch/2005/Bd111605/agenda/A3rev2.pdf>

# Appendix A



## HEALTHY BEVERAGES AND FOOD GUIDELINES

Miami-Dade County Public Schools (M-DCPS) is committed to providing an environment in which all students can make healthful food choices for lifelong health. As such, the following Healthy Food and Beverages and Food Guidelines will be implemented effective August 11, 2008 for all food sales before, during and 1 hour after school.

### Beverage Guidelines

#### Elementary School

- Bottled Water
- Up to 8 ounce servings of milk and 100% juice
  - Fat-free or low-fat regular and flavored milk and nutritionally equivalent milk alternatives with up to 150 calories/8 ounces
  - 100% juice with no added sweeteners, up to 120 calories/8 ounces, and with at least 10% of the recommended daily value for three or more vitamins and minerals

(As a practical matter, if elementary and middle school students have shared access to areas on a common campus or in common buildings, then the school community has the option to adopt the middle school standard.)

#### Middle School

- Same as Elementary School, except juice and milk may be sold in 10 ounce servings

#### High School

- Bottled Water
- All beverages must be non-carbonated and caffeine free
- No- or low-calorie beverages with up to 10 calories/8 ounces
- Up to 12 ounce servings of milk, 100% juice and certain other drinks
  - Fat-free or low-fat regular and flavored milk and nutritionally equivalent (per USDA) milk alternatives with up to 150 calories/8 ounces
  - 100% juice with no added sweeteners, up to 120 calories/8 ounces, and with at least 10% of the recommended daily value for three or more vitamins and minerals
  - Other drinks with no more than 66 calories/8 ounces
- At least 25% of non-milk beverages must be water and no more than 25% of beverages may be no- or low-calories options

### Food Guidelines

- No more than 35% of total calories from fat
- No more than 10% of total calories from saturated fat
- No more than 35% added sugar by weight
- No added trans fat

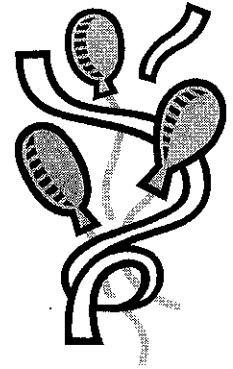
These guidelines do not apply to school-related events where parents and other adults are part of an audience or are selling beverages as boosters during intermission, as well as immediately before or after an event. Examples of these events include school plays and band concerts.

## Appendix B



# RECOMMENDATIONS FOR HEALTHY CELEBRATIONS AT SCHOOL

We all love to celebrate birthdays in class, especially our own children's; however, we have to remember that our goal is to provide our children with foods of Maximum Nutritional Value on a regular basis. Although birthdays come only once a year, there may be 25 or more "celebrations" in class during the school year, plus celebrations of Valentines Day, Halloween, and other holidays. Typically, foods for school celebrations include cupcakes, candy, cookies, and soda. So what is the harm? There is nothing wrong with an occasional treat, but unhealthy choices have become the norm rather than the exception. Parties and treats used as classroom rewards, food fundraisers and snacks constantly expose children to high-fat, high-sugar, low-nutrient choices.



## BUT IT'S ONLY A CUPCAKE.....



Childhood obesity is one of our nation's leading threats. There are over 12 million children who are already at risk of becoming overweight or are overweight. More children than ever before are developing medical conditions that you would normally see in adults, such as type-2 diabetes, high cholesterol, and high blood pressure. Constant exposure to low-nutrient foods makes it difficult for children to learn how to make healthy food choices.

## Benefits of Healthy Celebrations

- **Healthy Children Learn Better:** Research clearly demonstrates that good nutrition is linked to better behavior and academic performance. To provide the best possible learning environment for children, parents should assist schools in providing an environment that supports healthy behaviors.
- **Provides Consistent Messages:** Providing healthy classroom celebrations demonstrates a school commitment to promoting healthy behaviors. It supports the classroom lessons students are learning about health, instead of contradicting them. Healthy celebrations promote positive lifestyle choices to reduce student health risks and improve learning.
- **Creates Excitement About Nutrition:** Children are excited about new and different things, including fun party activities and healthy snacks. School staff and parents need not worry that children will be disappointed if typical party foods are not served in the classroom.
- **Protects Children with Food Allergies:** When parents send in food, it is difficult to ensure the safety of children with food allergies. You can help protect children with food allergies by providing non-food celebrations.
- **Puts Food in Its Proper Place:** Refreshments should complement the fun, not become the "main event."

## WHAT PARENTS CAN DO



Parents can help schools promote a healthy learning environment by providing healthy celebrations that shift the focus from the food to the child. Send in a game or craft that the children can make. If you are sending in food, make it count with healthy choices! You can even incorporate a fun nutrition lesson by involving your child when planning and preparing the healthy snacks. On the next page you will find some ideas for fun activities and healthy foods for school parties and other celebrations. For more ideas and links to information visit <http://nutrition.dadeschools.net>.

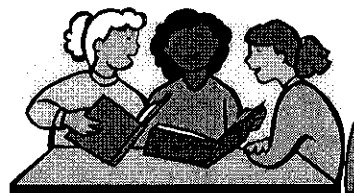
### HEALTHY FOOD IDEAS



- Fruit smoothies (blend berries, bananas, and pineapple)
- Fresh fruit assortment (e.g., fruit and cheese kabobs, fruit salad, or fruit with low-fat whipped topping)
- Dried fruit (e.g., raisins, cranberries, apricots, banana chips), 100% fruit snacks
- Low-fat or nonfat plain or flavored milk, 100% juice and water
- Vegetable trays with low-fat dip, celery and carrots with peanut butter and raisins
- Whole grain crackers with low-fat cheese cubes or low-fat string cheese
- Pretzels, low-fat or air popped popcorn, rice cakes
- Angel food cake, plain or topped with fresh fruit
- Low-fat pudding, low-fat yogurt, low-fat yogurt parfaits or banana splits (e.g., yogurt and fruit topped with cereal, granola, or crushed graham crackers)
- Baked tortilla chips with salsa or bean dip
- Trail/cereal mix (e.g., whole-grain, low-sugar cereals mixed with dried fruits, pretzels) - See the recipe on the next page.
- Fresh fruit with low fat yogurt dipping sauce - See the recipe on the last page.
- Hummus with whole grain crackers or pretzels

### ACTIVITIES TO CELEBRATE THE CHILD

- Plan special party games and activities. Provide game supplies, pencils, erasers, stickers, and other small school supplies instead of food.
- Work with the teacher to see if children can be given extra recess time instead of a class party. See if the birthday child can choose and lead an active game for everyone.
- Instead of food, purchase a book for the classroom or school library in your child's name. Go to school with your child and read the book to the class.



- Instead of a party, organize a special community service project, e.g., invite Senior Citizens to eat in the cafeteria with your child's class, make "curechiefs" for chemotherapy patients and blankets for rescue dogs.
- Bring in materials and ask the class to create a "Celebrate Me" book. Have the celebrant's classmates write stories or poems and draw pictures to describe what is special about the birthday child.

When bringing any food into the school environment make sure to ascertain if any of the children have food allergies.

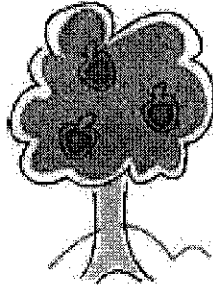
Adapted with permission from *Healthy Celebrations*, Connecticut State Department of Education, May 2005 (Revised February 2007). <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Resources>

# HEALTHY HOLIDAYS

## September

SET THE RIGHT TONE FOR THIS YEAR'S PARTIES.  
KEEP IN MIND THESE HEALTHY PARTY TIPS:

- Celebrate without food; shift the focus from food to fun.
- Limit each party to include no more than one junk-food item.
- Create a healthy snack list and have parents sign up to bring in an item from the list: see, [http://cspinet.org/new/pdf/school\\_snacks.pdf](http://cspinet.org/new/pdf/school_snacks.pdf)



## November

### THANKSGIVING

- Have students write or draw a picture about what they are thankful for and share it with the class.
- Create a garland of gratitude. Cut leaf shapes out of construction paper and then crinkle them up to create the lines in a leaf. Flatten them out and have children write what they are grateful for. Use a piece of string and tape the stem of the leaf over the string. Display the garland in class.
- Do a service project as a class field trip.

#### Healthy Party Snacks:

- Turkey roll ups
- Spread apple butter on whole grain English muffins or graham crackers.
- Serve warm apple cider.
- Pumpkin dip (see recipe below)



### PUMPKIN DIP

(from the Dannon Institute)

Mix the following ingredients:

- 3 T canned pumpkin
  - 1 c low-fat vanilla yogurt
  - 1 T orange juice concentrate (use 100% juice)
  - ½ tsp. of cinnamon (optional)
  - 1 T maple syrup (optional)
- Dip in with graham crackers



## October

### HALLOWEEN

Kids will get plenty of candy trick-or-treating. Try to keep the focus on fun at school.

- **Focus on the costumes!** Have a parade or costume contest.
- Instead of candy, try small toys: (e.g., temporary tattoos, stickers, small plastic spiders or ghosts, spooky plastic rings, or false teeth).
- Decorate pillowcases or bags for trick-or-treating.

#### Healthy Party Snacks:

- Serve kiwi (cut in half and serve with a spoon).
- Apple Cider
- Apples with caramel or yogurt dip
- Pumpkin dip and graham crackers (see recipe below)
- Roasted pumpkin seeds
- Snack cups of canned peaches or mandarin oranges (canned in juice or light syrup)
- Oranges, cantaloupe, tangerines, mangos, or dried peaches
- Carrots with low-fat ranch dressing

Use Halloween cookie cutters to make sandwiches or fruit look frightfully delicious!

## December/January

### WINTER HOLIDAYS



- Have students make holiday cards for nursing home residents or decorate pillow cases to give to a homeless shelter.
- Go caroling and sing for other classes or at a senior center.
- Decorate the classroom with a winter theme (e.g., snowflakes, snowmen, or snow angels)
- Collect personal care products and prepare kits for a homeless shelter or take a service project field trip to visit a nursing home, homeless shelter, or a food bank.
- Make snow globes out of baby food jars and white glitter or plastic snowflakes. Fill them with water until a half inch is left at the top (use a hot glue gun to seal the lid).

#### Healthy Party Snacks:

- Hollow out red and green peppers and fill them with a dip such as low-fat ranch, hummus, or guacamole and serve with vegetables.
- Make fruit kabobs and alternate red and green grapes or red/green apples.
- Serve green beans, broccoli, and tomatoes with a low-fat dip.

### TASTY TRAIL MIX

Mix the following ingredients:

- 1 c dried fruit
  - ½ c raisins
  - 1 c Wheat Chex cereal
  - 1 c Cheerios
  - 2 c of pretzel sticks
- Serve in individual containers or let children scoop their own from a bowl!

# HEALTHY HOLIDAYS

## February



### VALENTINE'S DAY

- Have students write down one positive comment about each classmate, (e.g., "You're a good friend." "You have a nice smile." or "You are fun."); pass them out.
- Create a Valentine's Day card holder. (Cut a paper plate in half, have children paint or color the plate and write their name on it. Use a hole punch to cut holes around the bottom curve of the plate. Stitch the two halves together with colorful ribbon or string. Make a handle with the string so children can hang them at their desk).

#### Healthy Party Snacks:

- Serve cherry tomatoes and red peppers with hummus or ranch dressing.
- Serve strawberries, raspberries, dried cranberries, red grapes, pomegranate, or apple slices.
- Make very-berry pink smoothies (see smoothie recipe below and use strawberries for the fruit).



## April/May

### SPRING PARTY

- Plan a nature walk to see plants re-awakening in the spring weather.
- Decorate plastic eggs with paint, glitter, and stickers and put physical activity messages on the inside (e.g., hop on one leg 5 times or do 6 jumping jacks). Have an egg hunt and kids can act on the messages.
- Decorate flower pots for parents and plant a flower or seed.
- Have parents donate plants that children can plant in the school yard or at a housing project, senior center, or other community site.

#### Healthy Party Snacks:

- Carrot muffins
- Carrots with hummus or a low-fat ranch dressing
- Berries with Cool Whip
- Fruit smoothies (see recipe below)

## March



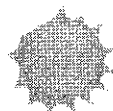
### ST. PATRICK'S DAY

- Teach an Irish step dance.
- Decorate the room with shamrocks made from construction paper.
- Plan a St. Patrick's Day scavenger hunt that leads to a pot of gold filled with treasures, (e.g., markers, pens, pencils, and/or erasers).
- Read about Irish history or a story about St. Patrick.

#### Healthy Party Snacks:

##### Make it a "Green" Day.

- Serve kiwi (cut in half and serve with a spoon).
- Serve cucumbers, celery sticks, broccoli, sugar snap peas, green beans, or green peppers with hummus or a low-fat dressing such as ranch or thousand island.
- Serve whole grain tortilla chips with guacamole.
- Try edamame (pronounced "eh-dah-mah-may"). It is fun to eat and easy to serve.



## June

With the end of school come numerous celebrations. Keep the focus away from food and plan activities to highlight the end of the school year and the coming of summer.

- Fresh produce is easier to come by in summer. Talk about fruits from around the world and discuss where they originated.
- Have a tasting party with star fruit, papaya, mango, kiwi, guava, and/or pineapple.
- Visit a local farm, garden, or orchard to learn about fruits and vegetables that grow in your area.
- Have children make a collage or write a story about what they plan to do over the summer.
- Have students write stories or put together items that remind them of the past school year; have students take them home.
- Plan an outdoor game/activity to enjoy the warmer weather.

### BASIC SMOOTHIE

#### Ingredients:

- ½ to 1 c fresh or frozen fruit
- 1 c plain non-fat yogurt
- ½ c fruit juice

About 4 ice cubes or use frozen fruit and skip the ice  
 Directions: Combine all ingredients in a blender and process on high until ice is crushed and the mixture is smooth and creamy

### FRUIT DIP

#### Ingredients:

- ½ c vanilla low-fat yogurt
- 1 tsp. honey
- ¼ tsp. cinnamon
- ¼ tsp. nutmeg

Directions: Mix ingredients together until blended.  
 Serve with your favorite fruits!

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