



HAPPY HOLLOW SCHOOL

*Providing Quality & Caring Education
for Preschool through Kindergarten since 1956*

NUTRITION FOR OUR YOUNG CHILDREN

For those parents whose children participate in the lunch day program at Happy Hollow, we would like to offer the following suggestions:

Please send in a nutritious lunch for your child. We are constantly working on good nutritional habits here at school, and we appreciate your cooperation.

Please limit "Junk" foods such as potato chips - children tend to go for these first and limit their Intake of better choices

Whole-grained breads or darker breads with fillings of LEAN meats, fish or chicken, peanut butter (we recognize this last one as the all-time favorite!)

Thermal- packed soups, casseroles or salads - hot or cold thermal packs are efficient In maintaining necessary temperatures---please do NOT request refrigeration or microwaving.

Crunchy vegetables (sometimes with healthful dips, if this is your child's preference)
Fruits of all kinds are wonderful (how about fresh fruit of your choosing and of your child's liking combined with plain yogurt - wouldn't that be an improvement on the commercial yogurts laden with questionable sugary fruits?)

PLEASE! No cakes, pies, donuts and definitely NO candy! We don't object to plain cookies, but how about emphasizing the more healthful fruits?

The latest dietary info suggests that a young child of preschool age should have a maximum of 60 fat units per day. Lunch would be a good time to limit that intake.

Also, be sure to include the necessary utensils, i.e. plastic forks, spoons, etc. The children do seem to enjoy using their thermoses, although the School will always provide milk for those not bringing them.

The food your child does NOT eat will be returned home, so the parents can monitor the intake.

REMINDER! No candy, cake, pie, gums! No microwaving!