

MFIS Healthy Living Initiative

Greetings Parents and Welcome Back! We're excited to share with you details about our Healthy Living Initiative at MFIS.



About the Initiative

The MFIS Healthy Living Initiative is a collective effort among parents, teachers, staff and students to improve the health and wellness of our school. Programs include workshops, nutrition education and assemblies.

One of our goals is to reduce the amount of sugar consumed by students and introduce a wide variety of healthy foods. To support this goal all students will participate healthy food "tastings", or Goutée in French.

CONTINUING THIS YEAR! MFIS is participating in the district's Fresh Food and Vegetable Program which will provide our school with fresh fruits and Veggies two days a week for our tasting exercises.

How Tastings Work

Students in all grades will participate in tasting exercises twice a week with food provided by the District's Fresh Food & Veggie Grant.

In addition, Families in grades K4 & K5 will be asked to provide healthy classroom snacks for 1-2 weeks during the school year. Mid-September a note will be sent home listing your child's week along with details on how to prepare the snack and suggestions for what to bring.

Birthdays & Celebrations

- Birthdays are celebrated at MFIS with a round of Happy Birthday to You. The day is made special for your child in many ways. **Families may bring in a Healthy Treat to celebrate but cupcakes, candy, cookies and other sugary foods are NOT permitted.** *If your child does not celebrate certain holidays, please let the teacher know.*
- Occasional classroom celebrations organized by the classroom for PBIS or other connections to curriculum may have sweet treats as determined by the teacher.

Healthy Snack Ideas

Vegetables

- broccoli
- carrots
- cauliflower
- celery
- cucumber slices
- grape tomatoes
- bell peppers
- sugar snap peas

Dairy

- Cheese
- Yogurt

Fruits

- apple slices
- applesauce
- bananas
- blueberries
- cantaloupe cubes
- cherries
- clementines
- grapes
- kiwis
- orange wedges
- raisins

- strawberries
- raspberries
- watermelon cubes

Grains

- whole grain crackers
- homemade popcorn
- whole grain pretzels
- rice cakes

Toppings/Dips

- yogurt
- salsa
- cream cheese
- hummus
- guacamole
- soy butter

Questions? or Want to get involved? Contact:

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