



Wonderland Healthy Foods Initiative



Problem: Unhealthy Foods & Snacks
at School Birthday Celebrations and
other Community Events

Solution: Wonderland Healthy
Foods Initiative!

What: The Wonderland Healthy Foods Initiative is designed to educate teachers, parents and others in the Wonderland community about healthy foods and provide alternatives during community activities that typically involve food, such as birthday celebrations and school events.

Rationale: Wonderland Avenue Elementary prides itself on being a progressive and creative school community. Our programs exceed the standards for public education. In order to provide the best possible learning environment for our students, we are launching the Wonderland Healthy Foods Initiative! Research shows that good nutrition is linked to more positive behavior, higher levels of academic performance and happier, healthier kids. Wonderland will observe this new initiative during classroom birthday parties, fundraising events and school-wide events.



Samples of Healthy Foods

Fruit & Cheese Kabobs



Dried Fruits



Healthy Bowls & Bento Boxes



Smoothies!



Foods to Avoid

Artificial Colors & Flavors



High Fructose Corn Syrup



Pre-Packaged Foods with High Levels of Sodium & Sugars



Store Bought Pastries



✓ NOTE: Some students have food allergies. Always check with your teacher before purchasing food items.

Instead of Food at Birthdays & Events, Why Not....

Play
Games!



Council Circles



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Make a
Craft!



Storytime!



Dance Party!

- ✓ Please remember to check with the teacher before planning activities for birthday celebrations.

Healthy Food Resources

- <http://www.sheknows.com/parenting/articles/1046487/healthy-class-party-snacks>
- <https://www.pinterest.com/vibecoach/school-ideas-healthy-snacks-for-classrooms/?lp=true>
- <https://www.oatmealwithafork.com/>