



Nutritional Practices at Willowwind School 2016-2017

Pack-In/Pack Out and Food Choices

As of late our world is in continuous dialog about a revolution in how we care for both our bodies and our earth. Willowwind is no doubt an active part of this discussion, and more importantly, action. As we have met as a team at Willowwind we are excited about the projects that will continue this year with healthy choices and being aware of self and surroundings. We wanted to share this with you so that you can actively support this practice from home.

What is Pack In- Pack Out?

Students and their families spend a great deal of time planning, preparing and packing a lunch for school. When students wrap up their lunch, they will replace all of their items and bring them home. This includes uneaten food, storage containers, utensils and napkins (cloth preferably). In examining what students *pack out* from their lunch each day, families can better determine meal planning and preparation. It is also a great starting point to discuss food alternatives, choices and portion size.

At the start of the school year, all waste – recyclable or garbage – will come home. In coming weeks, students will be able to dispose of recyclables at Willowwind, too. Students will also be able to use the compost to dispose of earth nutrients such as peels, cores, paper products etc. These routines will be put into place as students work together to establish practices that fit best with Willowwind's vision.

What does this look like for families?

We have all had those moments of spilled yogurts, broken juice boxes and a mashed up banana left in a lunch box ALL the way at the bottom of the book bag. As students, teachers and families adjust to this routine, we anticipate there will be such moments; however, as we work together to engage in these important discussions and develop quality routine, students will become more aware of waste and nutritional choices.

- Discuss expectations with your child. How much of their lunch do you expect them to finish? What part of their lunch do you expect they will enjoy and what part may they save for later? If

there is an open yogurt, how do you want them to transport that home?

- Reuse plastic bags, foil and paper products as much as possible.
- Buy in bulk and utilize reusable containers to control portion size and avoid messes.
- Send beverages in a thermos or sealable bottle.
- Promote water consumption!
- Practice opening and closing containers at home so that your child feels confident in their ability to seal, store and use.
- To prevent extra messes, provide an extra container to put opened wrappers and empty containers.

Why Pack In – Pack Out?

- Promotes healthy eating choices. Students learn to listen to their bodies and decide when they feel full, what they are hungry for, and how to plan their lunch routine. They will also learn what to save for an afternoon snack!
- Engages families, school and students in a discussion about nutrition, as well as food conservation and waste. You are able to see what your child did and did not eat at school and use this as a platform for planning lunch menus.
- Reduces waste at home and at school. Ideally, the only “throw away” items at lunch time will be those materials that can be composted: fruit peels, apple cores, vegetable shells.

Willowwind – A Low Sugar Environment

School Celebrations

Our philosophy in eating snack and drinking a lot of water is intended to fuel your child so that they can work at their full potential. High sugar snacks such as fruit juice, artificially flavored puddings, doughnuts, cookies or candy are quick and easy, but they don't sustain a child's energy. Snacks that are scrumptious are just as important as nutrition.

There are many ways to celebrate milestones, accomplishments and time together. At Willowwind, we love to celebrate with music, artwork, and words of recognition. If your child chooses to celebrate their birthday at school with a treat, please engage in a discussion with your child's teacher prior to the big day. This allows the teacher to discuss options for celebrations that month, and communicate “treat” consumption to others families so that they may plan meals accordingly. See below for food ideas. If you to do “something sweeter” please consider a miniature serving size. Of course, non-food treats are also great alternatives if your family wants to celebrate at school.

Food Ideas:

*Please contact your teacher prior to any food being brought into the classroom.

*Please make sure to contact your classroom teacher to address all class allergies.

Homemade Breads or Muffins

Fruit Pizza

Fruit Kabobs

Popcorn
All Fruit Popsicles
Frozen Yogurt Tubes
Yogurt Parfaits
Fig Newtons
Yogurt Raisins
Bagel Pizzas
Chocolate Dipped Fruit
Applesauce
Fruit Leathers
Organic Gummy Snacks
Organic Crackers
Fruit Salad
Smoothies
Trail Mix
Granola

Non-Food Ideas:

Pencils
Erasers
Pencil Toppers

Please note, that cupcakes, cake, frosting, and other high-sugar treats are not allowed. If these are brought to Willowwind as student treats they will be sent back home with your child.

Another alternative to food treats is a classroom birthday gift. A beloved Willowwind tradition stands where the birthday child passes the birthday love on in the form of a gift for the classroom. Classroom gift ideas may include:

Art Supplies
Books
Puzzles
an item off the class wish list

ASP

Snacks that are provided by Willowwind's After School Program shall be consistent with Willowwind nutritional practices and therefore low in sugar and rich in nutrients. At least one fruit or vegetable must be served each day along with one grain or carbohydrate. Foods that contain hydrogenated oils, excess amounts of sugar, or high fructose corn syrup are strictly prohibited from the ASP snack menu. Organic grains will be served whenever possible.

For the safety of students, ASP snacks will be free of allergens that apply to students attending ASP. If

a snack is scheduled that a interferes with a student's allergy, an appropriate substitute must be served to that child.