GROVE CITY AREA SCHOOL DISTRICT


## Wellness News

The Grove City Area School District is dedicated to ensuring that student's minds and bodies are ready to learn each day. It is important to encourage healthy eating and physical activity to teach them healthy habits early in life so that we can help reduce our children's health risks and increase their chances for healthier, more productive lives.

Grove City Area School District participates in the National School Breakfast and Lunch Programs and is required to have a School Wellness Policy, Wellness Committee, and conduct a triennial District Wellness assessment.

The Grove City District Wellness Policy, information about the Wellness Committee and triennial District Wellness Assessment can be viewed at: https://www.grovecity.k12.pa.us/Page/1893

**Here are a few ways that you can help with the health and wellness of our students:**

**Join the Wellness Committee**
Contact: Jennifer Reiser, LDN, Director of Food and Nutrition Services at jennifer.reiser@gcasdk12.org

**Plan Healthy Classroom Celebrations:**
Classroom parties shall offer minimal amounts of food that contain added sugar as the primary ingredient and will encourage the following:

Fresh Fruits & Vegetables
Water, 100% Fruit Juice or low-fat Milk

Food and beverages should contain an ingredient label so that food allergens can be identified.

**Please consider incorporating healthy foods into celebrations**:

**Healthy Food Ideas:**

*Yogurt Cup or Parfait. *String Cheese * Goldfish Cheddar Crackers
*Trail Mix *Animal Crackers*Mini Pretzels *Popcorn
*Fruit Cup or Fruit Kabobs *Granola Bar *Baked Chips *Pudding Cup
*Veggie Cups with Low Fat Dip *Tortilla Chips with Salsa or Guacamole
*Whole Grain Crackers with Cheese or Hummus

**Non-Food Celebration Ideas:**

*Colored Pencils *Stickers *Fun Erasers *Crafts or Coloring Books *Playdough
Incorporate Music and Dancing or fun games to get the students physically active