

Hello LGPS Families!

The time has come for our next monthly health focus! If you did not send in November's breakfast challenge form, please do so ASAP so your child can be recognized. During the month of December, we're going to be focusing on eating our vegetables! Our students should be getting **at least 1.5 cups of vegetables every day!** Vegetables contain different nutrients, including vitamins, minerals, and fiber, which are essential to normal growth and development.

With the holidays coming, we tend to stop thinking about healthy eating with all the fun treats all around us. Try making those treats a reward for eating the healthy things first. For example, "If you have a handful of carrots, then you can have a cookie." Try incorporating vegetables more regularly into our student's snacks and meals. If your student is picky and does not like to eat or try vegetables, try sneaking them in. Bake a banana zucchini bread and have it for breakfast, substitute cauliflower for potatoes or pizza crust, or cut vegetables into fun shapes and let students dip them in ranch or their favorite dressing. Encourage your student to help in the kitchen. Sometimes working with the food and creating something with you will get them excited and make them want to eat it too.

In order to help keep track of this, I'm sending home a chart on the back of this letter. Stick it on your fridge, the pantry door, or somewhere you will be reminded daily. At the beginning of the following month, a new chart will come home with a new goal to focus on for that month.

There will be a prize for each student who completes and returns their chart at the end of each month. There will also be a grand prize for each student who completes and turns in every month's chart at the end of the year (Sept-April)! Remember, encouraging good routines and healthy habits sets our students' health for the rest of their lives.

Samantha Labanowski
School Nurse

Name _____

Teacher _____

DECEMBER

Simply circle a vegetable for the day every time you have a serving (0.5 cup) of vegetables. (Should have at least 3 a day!)

Day 1    


Day 2    


Day 3    


Day 4    


Day 5    


Day 6    


Day 7    


Day 8    


Day 9    


Day 10    


Day 11    


Day 12    


Day 13    


Day 14    


Day 15    


Day 16    


Day 17    


Day 18    


Day 19    


Day 20    


Day 21    


Day 22    


Day 23    


Day 24    


Day 25    


Day 26    


Day 27    


Day 28    


Day 29    


Day 30    


Day 31    


Parent Signature _____ Date _____

** Due back to school after January 6**