



Healthy Eating Tips



Figuring out healthy foods for our children can be daunting. With the rise in food costs and the abundance of sugary tidbits that call from the aisles, it can be a chore to persuade kids to eat healthier options. While on campus, students are encouraged to eat as healthy as possible. Healthy foods rich in good fats, proteins, and antioxidants support healthy development of the body and mind. This is part of the Montessori philosophy. One way to encourage youth buy in is to let them cook with you and have them prepare their lunches from the healthy choices you provide.

Some Healthy Choice *Inspirations*:

- **Make your own trail mix or buy dried fruit and nut mixes.** - *Hill Country Fare Fruit and Nut Trail Mix, H-E-B Select Ingredients Trail Mix Berry Orchard, Great Value Omega3 Trail Mix, etc.*
- **Fresh fruit:** *apples, plums, bananas, clementine's/oranges, mango, cherry tomatoes, etc.*
- Fruit cups in 100% juice.
- Yogurts.
- Cheese Sticks.
- Jerky
- **Biscuits and Bars-** *Belvita breakfast biscuits, Nature Valley Crunchy Granola Bars, Nature Valley Biscuits Almond or Peanut Butter, Kind Crunchy Peanut Butter Protein Bars, H-E-B Select Ingredients Protein Almond & Peanut Chewy Bars, Nutra-grain bars, Pure Protein Bars Strawberry Greek Yogurt, etc.*
- **Fresh Veggies-** *Sugar snap peas, carrots, broccoli, cauliflower, celery, cucumber, etc.*
- **Chips and alternatives-** *Great Value Freeze Dried Fruit Crisps, Sea Salt Garden Veggie Straws, SunChips Whole Grain Snacks, WheatThins, Pre-popped Popcorn, Seaweed snacks, Kale chips etc.*
- **Whole grain bread and crackers.** - *Traditional Savory Chex Mix, Whole Grain Cheddar Goldfish, pretzels, etc.*
- **Whole grain lightly sweetened cereals-** *Cheerios, KIX, Chex, Post Great Grains, etc.*
- **Drinks-** *Water, water with citrus slices, 100% juice in small portions or diluted with water, plain milks (whole, 2%, 1%).*
- **Main meals-** *Salads, leftovers from dinner, sandwiches (meat, veggie, or nut butter), make your own lunchables, fruits with granola and yogurt, hummus and veggies, beans, rice, pasta with meat or veggies, tuna lunch kits, eggs, etc.*

Refrain from sending: beverages other than water, 100% juice or plain milk, candies, cakes, cookies, and other sugary treats including pudding, gels or Jell-O. Lunches should be able to be eaten straight out of the student's lunch box.

We thank you for your support in helping children understand that healthy options are tasty and great for them.