

# SFE Parent Newsletter

## December 2016



### Fuel Up to Play 60 Grant

SLPS has been awarded the Fuel Up to Play 60 grant this year. This grant has allowed us to launch the Grab N Go breakfast carts in high schools to help increase the amount of students eating breakfast. Studies show that breakfast consumption is related to better grades. These breakfast carts allow students to grab a quick breakfast on the go.

These schools have received the Fuel Up to Play 60 Grant:

- Clyde C. Miller
- Compton Drew
- Gateway
- Long
- Metro
- Vashon
- Yeatman

### Health Fair at Yeatman

SLPS and SFE are teaming up to host a health fair at Yeatman on December 15th. The theme is "Healthy Bodies=Healthy Minds". The goal of this event is to promote overall healthy living and get students excited about educational/leadership/volunteer opportunities in the area.

Some of the Vendors Will Include:

- St. Louis Health Department
- BJC
- Healthworks Kids Museum
- St. Louis Community College



### Dewy Cooking Class

The third of eight monthly cooking classes with Dewy's Special Education class is happening in December. The health and nutrition team teach students about nutrition and cooking during a fun class. The students loved making their own meal!



Students at Dewy excited to cook

#### Table of Contents

- **Page 1:** Fuel Up to Play 60 Grant, Yeatman Health Fair and Dewy Cooking Class
- **Page 2:** Nutrition Educations/Roving Chef & Holiday Healthy Eating

**For Questions Contact Food and Nutrition Services Director:**

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## Nutrition Educations and Roving Chef

Did you know that SFE has a Roving Chef and Nutrition Education program? Roving Chef is a fun experience that allows kids to make a meal during the school day and learn about nutrition at the same time. The kids then get to eat the meal they made.

The Health and Nutrition team conduct Nutrition Education sessions at schools, which consists of a presentation on various nutrition topics followed by an activity for the class.



Fourth graders at Nance posing after their nutrition education on MyPlate



Students at Buder are all smiles after their Roving Chef on November 1st.

## Healthy Eating Over the Holidays

One of the best parts about the holidays is all of the yummy food! Here are some simple healthy swaps on some of our favorite recipes.



- Swap out regular vegetable dip with yogurt. Yes, yogurt! Try either regular or Greek plain yogurt mixed with an envelope of dry Ranch dressing mix.
- Try roasted sweet potatoes in place of candied yams. Not only will you cut the calories in half, but you will also get some great vitamins and minerals.
- Switch out green bean casserole for fresh green beans.
- Swap out white rolls for whole wheat rolls. Whole grains provide us with fiber to help us feel full and help our digestion
- Go for pumpkin pie instead of pecan pie. You will save on calories and fat and also benefit from the vitamin A in pumpkins!

