

Healthy Treats for Happy Feet!

Peterson Elementary School was awarded one of the Health and Wellness Coalition School Awards for a project titled “Healthy Treats for Happy Feet”. The objectives of the program are to give students the opportunity to sample a variety of healthy snacks, provide teachers a resource to promote physical activity and healthy snacks in their classrooms and to give parents a better understanding of the importance of good nutrition and physical activity.

Each classroom takes regular 15-20 minute walks and at the end of each recording period the students are rewarded with a healthy snack. Students have enjoyed clementine oranges, fruit salsa and fruit chips, popcorn and smoothies donated by Smoothie King. The responses have been very positive for all of these healthy treats, most of which the students have never tasted before! The regular walks are obviously a benefit to students and teachers as well!

There have been articles in our schools newsletter to provide parents with ideas for healthy snacks, suggestions for healthy treats for parties, and other health information. Because of this the treats provided at most parties include healthier snacks.

We realize that projects such as “Healthy Treats for Happy Feet” are a step in the right direction to help our students become more physically active and to enjoy and appreciate healthy food options.