

Join Us in Making Our School a Healthy "CATCH" School

Dear Family,

This year, our school has joined nearly 7000 other schools nationwide as a CATCH school. "CATCH" stands for "Coordinated Approach To Child Health." CATCH schools are committed to helping kids eat more nutritious foods and get more physical activity. As you know, both are important to their health and wellness today and for years to come.

A key focus of the CATCH Program is to create an environment that makes the healthy choice the easy choice for our students. Throughout the year, we will promote positive health choices through wellness activities, classroom and physical education curricula, signs around our campus and family nights. We hope you will encourage healthy choices at home, too. You will receive CATCH Program news periodically to keep you up to date on what's happening at school and suggestions you can use at home to build more nutritious foods and more physical activity into your child's life.

A major emphasis of CATCH is helping children learn to make healthy food choices. Our school will encourage students to eat only healthy and nutritious snacks during the school day. We will be using the terms "GO," "SLOW" and "WHOA" to help kids know foods they should eat more—or less—of.

- **GO** foods include mostly fresh fruits, vegetables, whole grains, lean meats and lower-fat dairy products. They are lower in fat or sugar and are less processed.
- **SLOW** foods are higher in fat or sugar or are more processed than GO foods.
- **WHOA** foods are highest in fat or sugar or have been highly processed.
(Please see the list of sample foods in each category on the back of this letter.)



Here are other ways we hope you will support the CATCH Program:

- **Send only healthy snacks to school** for events such as class parties, PTA meetings, concession stands and school stores. It's important that we "walk the talk," not just "talk the talk."
- **Pack healthy lunches for your child.** Include a fruit and/or vegetable every day.
- **Find opportunities for your child to be more active:** Consider reducing the time he or she watches TV or plays computer games; take your child on walks or hikes—or to the park to play; or involve him or her in other activities. (And be sure to let the school know your thoughts on how we can help support your child in being more active.)
- **Be a positive role model:** Let your actions speak louder than your words by getting more physical activity and making healthier food and beverage choices.
- **Volunteer to help implement the CATCH Program.** Contact your child's teacher if you would like to contribute to a healthier environment on our campus or join our school's CATCH Team, the group in charge of coordinating the program.

If you have questions or would like more information about the CATCH Program, please contact _____.

Sincerely,

GO & SLOW Food Snack Recommendations

Please send GO or SLOW snacks to school for events such as class parties, PTA meetings, concession stands, school stores, etc. The foods listed are from the GO, SLOW & WHOA Food List on the CATCH website: www.CATCHTexas.org.

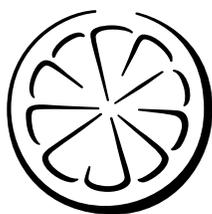
As always, thank you for your support of the CATCH Program and for helping us provide your child a healthy environment.

GO Foods

GO foods include mostly fruits, vegetables, whole grains, lean meats, and lower-fat dairy products. GO foods are lower in fat or sugar, and they are whole foods (they are less processed and therefore contain more of their natural health goodness.)

Suggested GO foods to send to school:

- Fresh Fruits
- 100% Fruit Leather
- Fresh Vegetables
- 100% Fruit/Veggie Juice
- Baked Tortilla Chips
- Graham Crackers
- Low-Fat String Cheese
- Low-Fat Cottage Cheese
- Skim (Fat-Free)/1% Unflavored Milk



SLOW Foods

SLOW foods are higher in fat or sugar, and are more processed than GO foods. WHOA foods are highest in fat or sugar, and are the most processed, relative to foods in the GO and SLOW categories.

Suggested SLOW foods to send to school:

- Dried Fruits (with sugar)
- Fruit Leather (with sugar)
- Sherbet
- Nuts
- Seeds (e.g., sunflower or pumpkin)
- Animal Crackers
- Vanilla Wafers
- Granola Bars
- Cereal/Fruit Bars
- Goldfish
- Pretzels
- Baked Chips
- Low-Fat Popcorn
- Low-Fat Pudding
- Low-fat Yogurt/Yogurt Drinks
- Low-Fat Cream Cheese

