

Snack Time

(For classes with daily snacks.)

Knight Academy encourages fresh fruits and vegetables at snack time.

If the standard old apple, orange and banana are getting old for your kids, here are some other ideas:

- Cut up sweet red, orange, or yellow peppers
- Small carrots and celery
- Snap peas
- Kiwi
- Blueberries
- Plums and Peaches
- Sliced cucumber
- Cut up pineapple
- Strawberries and blueberries
- Some dried fruits
- Papaya or Mango
- Jicama sticks
- Cut up melon
- Edamame



Celebrations and School Events

For children and adults:

All events and celebrations involving shared food should focus on healthy offerings. We strive for balance. Healthy foods should be the core offerings at parties where there is a group sharing of food.

Please do not bring food or beverages for students to share unless by teacher request.

Here is an example of a healthy party at Knight Academy

- Vegetable platter with dip
- Popcorn
- Nuts or trail mix
- Cut up fruit
- Whole grain bread with healthy spreads
- 100% whole fruit juices
- Cheese and crackers

Rewards

Offering food rewards or food coupons for good behavior or performance are discouraged in the **DPS Wellness Policy**.

The Principal provides non-food rewards to teachers in lieu of these items.

Knight Fundamental Academy
3245 E. Exposition Avenue
Denver, CO 80209
303-722-4681

Knight Fundamental Academy



Wellness Program



Parents' Guide
to Nutrition
at School

By sending your student to Knight Academy, you are joining one of the healthiest school communities in Denver.

Knight Academy seeks to establish itself as a Leader in School Wellness Programs. Each Denver Public School is charged with implementing a Wellness Policy.

By following the Knight Academy guidelines, students are given opportunities to make healthy choices whether it's group-snacktime, during school parties, or celebrations where foods are shared.

Birthdays

Please Do Not...

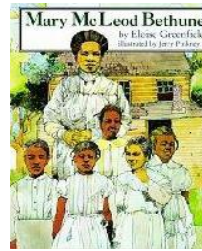
Send Food for Birthdays



Please Do...

If you choose to celebrate your child's birthday at school, we encourage you to choose one of the options recommended below:

- Send in pencils, stickers or other small items for your child to give his or her classmates.
- Donate a book to school with your child's name in it. Our classrooms and Library can always use new books!



Please save these special treats such as cupcakes, cake and cookies for your celebration at home:



School Lunch Room

Lunches from home:

Parents may send in a lunch of their choosing for their child or participate in the DPS hot lunch program.



The Knight Academy Wellness guidelines address food consumed in a **group sharing** situation. This includes snacks and food for celebrations.



Many thanks to University Park Elementary for advice on promoting staff and student wellness through healthy food choices in our school.