



WALDEN GREEN  
MONTESSORI



EDUCATION FOR THE WHOLE CHILD

Please **EXCLUDE** the following from **ALL** lunches and snacks:

- ▶ **Highly sugared foods** (*candy, gum, chocolate/granola bars, sugary cereal, fruit snacks, Go-Gurt, cookies, etc.*)
- ▶ **Highly processed foods** (*fast food, snack chips such Doritos/Cheetos, Cheez-Its, Pop Tarts, white bread, etc.*)
- ▶ **Soda of any of kind and sweetened drinks** (*Kool-Aid, Capri Sun, Gatorade, Sunny Delight, chocolate milk, etc.*)
- ▶ **“Juice” that isn’t 100% juice** (*many students drink water*)
- ▶ **Foods with excessive additives and preservatives** (*Lunchables, Twinkies, Kid Cuisine, etc.*)
- ▶ **Food items difficult to open or use**



# BITTER EFFECTS

THE NOT-SO-SWEET  
TRUTH ABOUT SUGAR



LEADING CONTRIBUTOR TO OBESITY

CAN CAUSE TYPE 2 DIABETES

CAN LEAD TO HEART DISEASE (THE #1 KILLER IN USA)

MORE LIKELY TO GET SICK

CAUSES GUM DISEASE AND CAVITIES

MAKES YOU MORE MOODY AND GRUMPY

REDUCES YOUR ABILITY TO LEARN

DECREASES BRAIN ACTIVITY

INCREASES RISK OF DEVELOPING CANCER

LOWERS YOUR OVERALL ENERGY LEVELS

## LUNCH/SNACK GUIDE:

NO ADDED SUGAR

IN FIRST 3

INGREDIENTS





## BIRTHDAY CELEBRATIONS

Dear Parents/Guardians,

Birthdays are very special at Walden Green Montessori. We honor each child for another year of life with a small, celebratory ceremony. A wonderful Montessori tradition invites the birthday child to present a small gift to his/her class in lieu of a snack. Some suggestions may include a favorite book, a piece of sports equipment (for recess), or a plant for the classroom. In addition, children are encouraged to bring in a photo of themselves from a younger age (and possibly share/talk about the picture). The photo will be displayed for a few days so that the class will have a chance to look at it more closely.

If you would like to bring a birthday snack to school, we request that you respect Walden Green's stance on sugary, processed food (as noted in our school handbook). Cut up fruit, cheese and crackers, or muffins are an appropriate choice. **No cupcakes, birthday cakes, doughnuts, candy, or ice cream please.** If you would like to bring a snack, please let us know so we can schedule a time for that day. We typically pass out birthday snacks at the end of the day. Please bring enough for your child's class. However, parents of children with food allergies should provide alternative birthday snacks at the beginning of the year (if they so choose).

Celebrating all the years your child has been on this earth is the focus of our birthday celebration ceremony, the snack and/or class gift is completely optional.

We look forward to sharing this special time with your child.

Sincerely,

*Walden Green Montessori*

