

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

Dear Family,

This year, our school has joined thousands of other schools across the country 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.

Helping our children make positive health choices takes the entire school community—teachers, principals, cafeteria staff and parents working together in a coordinated way. I strongly encourage and welcome your support for this program. As a parent, your role in influencing your child to make healthy choices is extremely important.

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 lowest in unhealthy fats, added sugars, and are the least processed.
- **SLOW** foods are healthier than WHOA foods, but not as healthy as GO foods.
- **WHOA** foods are highest in unhealthy fats, added sugars, and/or sodium, and are ultra-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.**
- **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 with your child every day and 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.CATCH.org](http://www.CATCH.org).

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

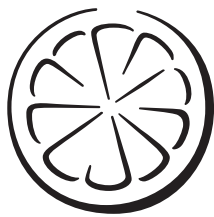
\*A healthy diet consists of more GO foods than SLOW foods, and more SLOW foods than WHOA foods

## GO Foods

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

Suggested GO foods to send to school:

- Fresh Fruits with no added sugars
- 100% Fruit Leather
- Fresh Vegetables with no added sugars
- 100% Low Sodium Veggie Juice
- Low-Fat String Cheese
- Low-Fat Cottage Cheese
- Seeds (e.g., sunflower or pumpkin)
- Air-Popped Popcorn
- Low-Fat Yogurt Drinks (unsweetened)



## SLOW Foods

SLOW foods are in between GO and WHOA foods. WHOA foods are highest in unhealthy fats, added sugars, and/or sodium and are ultra-processed.

Suggested SLOW foods to send to school:

- Dried Fruits (with added sugar)
- Fruit Leather (with added sugar)
- 100% Fruit Juice
- Baked Tortilla Chips
- Graham Crackers
- Cereal/Fruit Bars (with no added sugars)
- Granola Bars (made with vegetable oil)
- Vanilla Wafers
- Animal Crackers
- Pretzels
- Baked Chips
- Low-Fat Cream Cheese
- Popcorn (made with vegetable oil)
- Low-Fat Pudding (made with skim or 1% milk)

