

A+ Preschool



We all want the best for our children!

Because eating patterns and behaviors are learned at a young age; therefore it is important that children receive fruits and vegetables as well as whole grains at every opportunity possible. By establishing healthy habits early in life, children can dramatically reduce their risks and increase their chances for longer, more productive lives.

A+ Preschool has chosen to embrace the TTUSD Wellness Policy in combating childhood obesity and is supporting the following guidelines:

- Provide water as the primary liquid.
- Limit high fructose corn syrup items.
- Provide at least a ½ cup of fruit or vegetable at least 3 days/week.
- Provide whole grain or high fiber products at least twice a week.
- Limit Trans fat snacks.
- Use non-food items for rewards-like sticker, pencils, etc.
- Follow a 4 week cycle menu of snacks to create variety.
- On Holidays, one non-nutritive item may be given. A+ will provide a nutrient-dense item with it. For example; if a cookie is given, low fat (1%) milk will be served with it. Alternatives can be given upon parent's request.

Thank you for joining us in our efforts in improving childhood nutrition!