



The AJW CATCH Commitment

At A.J. Whittenberg Elementary School of Engineering, we strive to promote healthy living through good nutritional habits and regular physical activity. The CATCH (Coordinated Approach to Childhood Health) program encourages all involved at AJW to be committed to healthy living. To help better define this commitment, the AJW CATCH Team created a CATCH Commitment.

- *Parents are invited to eat lunch with their child at any time. Parents eating in AJ's Café are expected to purchase a school lunch. AJ's Café, just like any restaurant, requests that food items from McDonald's, Hardees, Subway, etc., not be brought to AJ's Café.*
- *Please be mindful that soft drinks are not allowed in AJ's Café. Students may bring fruit drinks in plastic containers.*
- *Please be mindful that regular chips, beef jerky, candy, cookies, snack cakes, doughnuts, fruit roll-ups, Pop Tarts, fruit-flavored gummies, Rice Krispy Treats, and even 100-calorie packs of cookies, cakes or chips, are not recommended.*
- *If providing class snacks for non-birthday purposes, consider these healthy options. Healthy options: 100% fruit juice boxes, baked chips, bottled water, canned fruit (in its own juice), cottage cheese, string cheese, dried fruit, fresh fruit, Goldfish crackers, Graham crackers, granola bars, pretzels, raw vegetables, rice cakes, trail mix, unbuttered popcorn, unsweetened applesauce, whole grain dry cereal, whole wheat crackers, and/or yogurt.*
- *Do your best to act as a role model for your student by showing the importance of fun physical activity and healthy eating!*
- *Encourage your student to eat a healthy breakfast at AJW.*

Thank you for your CATCH Commitment!

Healthy Snack Ideas: *Fruit and Cheese Kabobs, Yogurt, Celery and Peanut Butter, Fruit, Carrots and Light Ranch Dressing, Fruit Smoothie, Parfait (layer vanilla yogurt and mandarin oranges or blueberries in a tall glass then top with a sprinkle of granola), waffle cone with cut-up fruit topped with low-fat vanilla yogurt, snack kabobs (put cubes of low-fat cheese and grapes on pretzel sticks).*