

Dear Lamar School Families,

We're a **CATCH MVP School!** CATCH stands for Coordinated Approach To Child Health. CATCH schools are committed to developing the Whole Child — mind, heart, and body — by helping kids get more physical activity, eat more nutritious foods, and develop social and emotional skills to become their best selves. We invite you to help us teach and reinforce positive health and wellness choices as a **CATCH MVP Family!**

A **CATCH MVP** is someone who:

Moves and stays active, **V**alues healthy eating and mindsets, and **P**raktices health and wellness habits every day.



How to become a CATCH MVP:

M

Move & stay active

Get active as a family

Take movement breaks when watching TV or other media. Try to go for walks as a family after meals. When possible, take the long way to each destination to get some extra steps.

V

Value healthy eating & mindsets

Make healthy choices as much as possible

Include a fruit or vegetable with every meal. Eat family meals together. Practice mindfulness and set positive intentions and goals.

P

Practice health & wellness habits

Be a positive health role model for your child

Drink more water than sugar sweetened beverages. Get your sleep. Relieve stress in a positive way. Use kind language and show empathy and inclusion to all.

Our school will encourage students to eat healthy and nutritious foods during the school day. We will be using the terms “GO,” “SLOW” and “WHOA” to help kids know which foods are the healthiest for them to eat. A healthy diet consists of more GO foods than SLOW foods, and more SLOW foods than WHOA foods.

Please send GO or SLOW snacks or lunches to school with your child and for events such as class parties, PTA meetings, family events, etc. The foods listed are from the **GO-SLOW-WHOA Food List** available at [CATCH.org/go-slow-whoa](https://catch.org/go-slow-whoa).

Thank you for your support of the CATCH Program and for helping us provide your child a healthy environment.

Sincerely,

Lamar Elementary

school logo here

GO-SLOW-WHOA



GO foods include mostly 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.

Suggested school snacks:



GO FOODS

- Fresh Fruits (no added sugars)
- Fresh Vegetables (no added sugars)
- Low-Fat String Cheese



SLOW FOODS

- Dried Fruits
- Fruit Leather
- 100% Fruit Juice