



The Healthy Bulldog



Written by: The Budlong Health and Wellness Committee

2019 Winter Edition

Budlong School supports lifelong healthy eating habits for all students, families, and staff. We are committed to providing a healthy environment for students to learn and play. The overall goal of our wellness policy is to encourage students, families and staff to make healthy decisions and live an active lifestyle.

Are you and your family following the Budlong Wellness Plan?

- ✓ Eat a healthy breakfast, lunch and dinner
- ✓ Pack a healthy snack for school
- ✓ Walk or bike to school
- ✓ Exercise daily

Read on to find out more details about how your student can be a “Healthy Bulldog.”

How to be a “Healthy Bulldog”...

Choose Healthy Snacks During the Day

Students need to fuel their bodies and brains to perform at their best throughout the day. This fuel can come from a healthy snack and lunch. Healthy snacks and lunches not only help students perform at their best throughout the school day, but also set children up for a lifetime of a stronger mind and body. Instilling a healthy lifestyle in a child will often translate to a healthy adult.



Remember snacks during the school day should be a fruit, **vegetable or a whole grain snack.**

Please refer to the list of “Healthy Bulldog” approved snacks...

- ❖ Fruits
- ❖ Vegetables
- ❖ Pretzels
- ❖ Wheat Thins
- ❖ Goldfish
- ❖ Raisins
- ❖ Hummus
- ❖ Nutri Grain Bars
- ❖ Kids Cliff Bars

Snacks that are NOT “Healthy Bulldog” approved...

- ❖ Cookies
- ❖ Cake
- ❖ Candy

BirthDay Celebrations

If a student would like to bring something to share with their classmates for their birthday, it must be a **non-food item**.

*Non-food suggestions include: stickers, pencils, erasers, bracelets, necklaces, small party favors or a book donation to your child's classroom library.

Keeping You Connected Parents Corner

Staying Active this Winter...

Don't let the winter months stop you and your family from working out. There are a variety of family friendly ways to stay healthy this winter. Sledding, ice skating, running, and Pilates are some wonderful ways to stay active this winter. Check out these events and classes...

Ice Skating at the Mb Financial Park in Rosemont

Open till March 1st

Cost: Free! Skate Rental: \$ 8.00

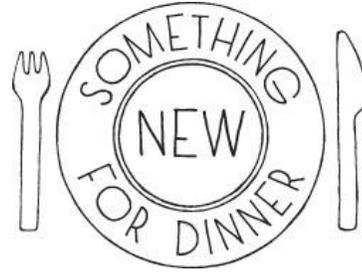
<https://www.rosemont.com/thepark/>

Polar Adventure Days at Northerly Island

January 26 + February 23, 2019

12:00-4:00pm

Explore Northerly Island and come face-to-face with live animals, engage in winter activities, and create nature-inspired crafts



Healthy Recipes:

Try this healthy recipe this winter season. This yummy recipe is sure to be a favorite!

If you are a hummus fan, be sure to check out this recipe! Roasted chickpeas make for a quick and easy snack that is healthy

Ingredients:

- 2 cups cooked chickpeas
- 1 ½ tsp. sea salt
- 1 tsp. smoked paprika
- ½ tsp. chili powder
- ½ tsp. cumin
- ½ tsp. cayenne pepper
- Olive oil

Directions:

1. Preheat oven to 400 degrees.
2. Drain the can of chickpeas in a colander and place in a large bowl. Drizzle chickpeas with olive oil.
3. Stir together the seasonings in a small bowl and pour them over the chickpeas making sure to coat them evenly.
4. Bake for 35-40 minutes, stirring every 10 minutes.
5. Enjoy! These can be stored in an airtight container at room temperature. If store for more than a couple hours you may want to place them under the broiler for a minute or two.