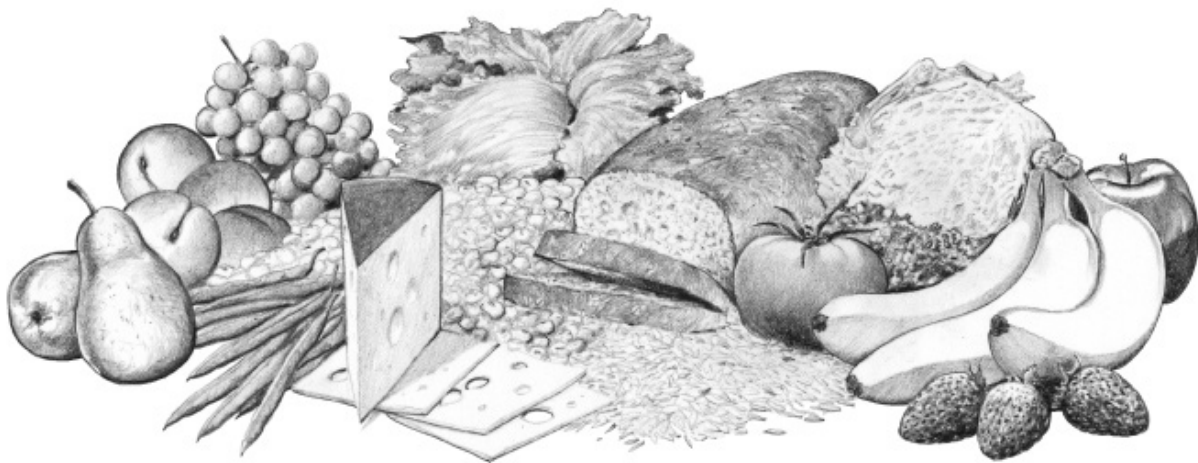


Using CATCHy Categories

To help children and parents make healthy food choices, your school is using a program called **CATCH** (*Coordinated Approach To Child Health*). **GO-SLOW-WHOA** foods are great tools from the CATCH program to help you compare which foods are best to eat and when.

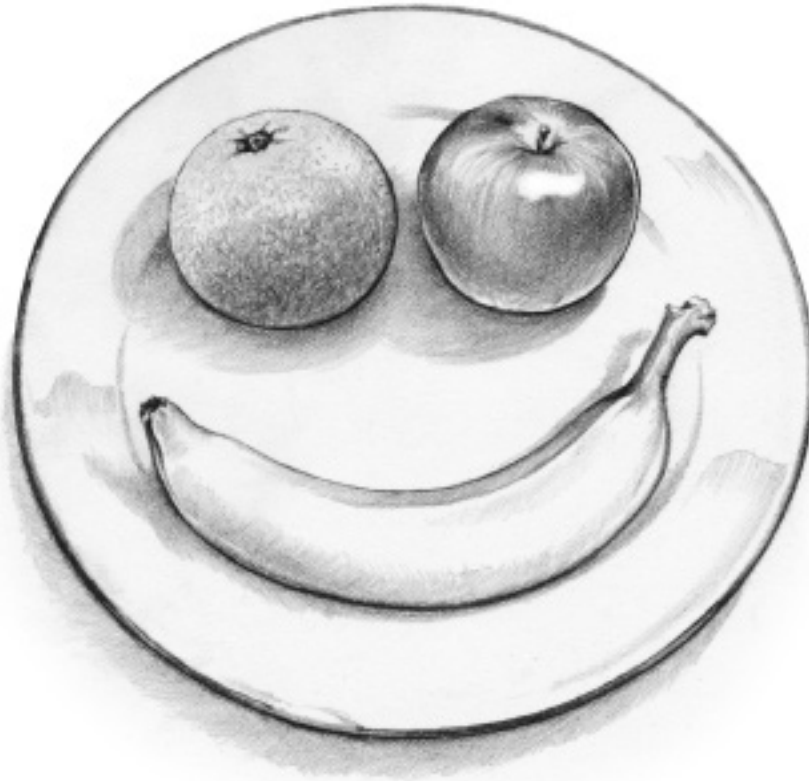


GO FOODS: *EAT EVERY DAY!*

These are foods high in vitamins, minerals, and fiber.

- 🍷 “Whole foods,” like fresh fruits and vegetables
- 🍷 Whole grains, like brown rice, whole wheat bread, and oatmeal
- 🍷 Lean meats, grilled chicken
- 🍷 Fat-free or 1% milk, low-fat cheese
- 🍷 Salsa, beans without salt or added fat

Kids need to eat 2-3 fruits every day!



FRUIT IS A GREAT GRAB-AND-GO SNACK!

- 🍃 Add an apple or banana to your child's lunch.
- 🍃 Grab some whole fruit, like an orange or a pear, for on-the-go snacking.
- 🍃 Kids eat with their eyes. Keep a bowl of fruit out at home.
- 🍃 Try serving new fruits with low-fat yogurt dips, or in fruit smoothies with fat-free milk.