Fresh Ideas

A quarterly flyer to share creative ideas served at TGS class parties and events; to encourage treats that are low in added sugar which incorporate real foods, like fruits and vegetables; and to promote the development of a healthy nutritional environment in the classrooms of The Geneva School to help our students make the most of each school day.

December 2016

**BIRTHDAY PARTY:**
Iliannette Soto’s 3rd grade class was treated to this amazing floral garden made from fruit to celebrate her birthday. Flowers cut from pineapple, cantaloupe, and kiwi slices centered with berries, and skewered with green grapes to form the stem, are “planted” into a watermelon base. Additional fruit flowers, grapes, and strawberries surround the garden. Wow! Classmates loved this beautiful, tasty, nutritious treat!

**CELEBRATE:**
4th grade enjoyed these beautiful treats to celebrate Baily White’s birthday. Homemade tapioca pudding was spooned into purchased shortcake shells, then topped with fresh berries and drizzled with chocolate sauce. This easy to put together treat looks like a fancy pastry from a French bakery!

**GLUTEN-FREE:**
Carly Springhart celebrated her birthday with her 3rd grade class, enjoying homemade mini-muffins loaded with fresh blueberries. For those wanting to avoid gluten, or with gluten sensitivities and allergies, there are several alternative flours that can be used to bake with, like coconut, spelt, or almond flours. Small portions, like these muffins, are the perfect size school day treats.

**POOH PARTY!**
2nd grade ventured to The Hundred Acre Wood for its cast party, with young actors enjoying the fresh tastes from Rabbit’s Vegetable Garden along with Kanga’s Fruit Kebabs.

*Remember, “It doesn’t have to be sweet to be a treat!”*

Our students need us to provide them fresh foods and to help them limit processed foods and treats with too much sugar. What creative and fresh treats will you bring to our school holiday parties? All of our past Fresh Ideas are available on the school website (General tab/Medical information tab/Living Well Archives). Email pictures from your child’s fun day to mljones@genevaschool.org. —Lou Jones, School Nurse