

## Healthy Food Options for Kids

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### *Let's Move!*

*Let's Move!* is a comprehensive initiative designed to help solve the challenge of childhood obesity. *Let's Move!* is about putting children on the path to a healthy future during their earliest months and years. Giving parents helpful information and fostering environments that support healthy choices by providing healthier foods in our schools and helping kids become more physically active.

Everyone has a role to play in reducing childhood obesity, including parents, elected officials from all levels of government, schools, health care professionals, faith-based and community-based organizations, and private sector companies and is why the City of O'Fallon has become a *Lets Move* community.

**Goal III.** Of this initiative is to ensure that healthy food is available to children before, during and after school and/or over the summer months. Many children consume at least half of their meals at school, and with more than 32 million children participating in the National School Lunch Program and more than 12 million participating in the School Breakfast Program, good nutrition at school is more important than ever. *Let's Move!* is committed to providing healthier foods in our nation's schools, and encourages all schools to provide school breakfast. We are very fortunate that here in O'Fallon our schools and most daycares do a fantastic job of just that.

In 2012, the U.S. Department of Agriculture released new rules to boost the nutritional quality of the meals eaten by school children every day. The rules represent the first major revision of school meal standards in more than 15 years and make sure our kids' lunches and breakfasts will have more whole grains, vegetables, and fruits, and less fat and sodium and set sensible calorie limits based on the age of children being served. The food services departments at our local schools provide students with quality food and nutrition knowledge, skills, and the values they will need for a healthy body in an ever-changing society. They provide healthy, nutritious meals for students in the District in an effort to enhance student performance. They support nutrition education and health awareness in the District and participate in community and parent health awareness groups.

Based on recommendations from the Institute of Medicine, the new school meals include these changes:

- More whole grains, fruits, and vegetables; low-fat milk dairy products; and less sodium and fat.
- The right portion. Menus are planned for grades K-5, 6-8 and 9-12 and will demonstrate to your child the right size portions.

Below you will find a list of schools and daycare facilities that provide meals and snacks for children including links to the local school district's menus.

<http://fzsns.weebly.com/>

[http://www.fhdschools.org/departments/food\\_services](http://www.fhdschools.org/departments/food_services)



**BOYS & GIRLS CLUBS**  
OF ST. CHARLES COUNTY

The Boys & Girls Club will be providing breakfast, lunch, and a snack to all of its members enrolled in Summer Camp. Please fill out the "Medical Food Substitution Record " found in the Summer Camp Registration Packet. This form must be signed by a medical authority. For questions concerning the form, please contact Megan Taylor at 636-240-9150.

A menu will be available at the start of Camp.

### **LITTLE GUPPY CHILD DEVELOPMENT CENTER, INC**

O Fallon, MO 63366 | (636) 240-7332

Little Guppy is an early childhood development program integrated with the convenience of day care. Our Little Guppy Family is comprised of three facets: the children, their families, and the teachers/staff. Our program values each of these facets equally and is devoted to their development. We also recognize and value our role in the community.

### **ABC DAY CARE AND LEARNING CENTER INC**

O Fallon, MO 63366 | (636) 978-2777

ABC Daycare & Learning Center opened its doors in St Charles County, Missouri in 1990. ABC's goal is to give every family that attends one of our Centers a sense of pride and a good feeling about having their children enrolled here. We want your children to know how special they are in this world and how special they are to us. Our Center's policy is to provide each child with a loving, safe, secure environment with a "home away from home" atmosphere- a place where they can go each day to grow and learn to the best of their ability. ABC provides care for children starting at age 6 weeks and continues to nurture and educate through age 12 years. Our daily schedule includes age appropriate pre-school activities, to develop their fine and large motor skills. Your children will be introduced to a foreign language, creative art, science, math and the latest technology in computers and smart boards. ABC will help the children develop manners, how to share and be nice to their friends while using positive reinforcement in the learning process. ABC Daycare & Learning Center will always put your child and their education first.

### **BETH ACADEMY**

O Fallon, MO 63368 | (636) 928-0505

Beth Academy is a full time childcare center and preschool tailored to the needs of working parents. We are a state licensed facility serving children from 6 weeks through 12 years old, and the operating hours are 6:30 AM to 6:00 PM, Monday - Friday. We provide transportation to before and after school students at John Weldon, Pheasant Point, and other elementary schools.

### **DARDENNE PRESBYTERIAN CHURCH MDO & PRESCHOOL**

O Fallon, MO 63368 | (636) 561-4347

Adam Lamb Preschool offers a Christian based early childhood educational program for children 3 - 5 years of age. We use the Scripture Bites curriculum as a base for our thematic, center-based programming. Our teachers are degreed, and have experience working with preschool aged children. They are dedicated Christian professionals who wish to share their faith and educational training to provide a positive learning environment for your child. Adam Lamb Preschool has been part of the community since 1987.

### **FIRST ACADEMY CHILD CARE OFALLON**

O Fallon, MO 63368 | (636) 978-6949

Our Mission: To not only provide quality care for the children and their families but also to serve as a model and premier early childhood learning program. We want to be the first learning tool that prepares your child(ren) for the journey of life. Education, social interaction, and respect are highlighted issues of parents concerns that we focus on with every child here at First Academy Child Care.

### **HOLY CROSS LUTHERAN PRESCHOOL**

O Fallon, MO 63366 | (636) 272-4505

We view our preschool program as a Christian outreach to families with young children. Our intent is to support, encourage, and provide opportunities that enhance the educational process already present in your home. Our program provides an environment where young children can explore and learn about God, themselves, others, and the world around them in an atmosphere of Christian love and acceptance.

### **JUST 4 US CHILDCARE INC.**

O Fallon, MO 63366 | (636) 978-8887

JUST 4 US is dedicated to the growth and education of children. We have built an environment where children are encouraged to learn, read, and grow independent. With the use of field trips, in house speakers, and our wonderful staff of teachers, our program is appropriate for children within the ages of newborn – 12 years. We have developed a structured learning environment to help develop your child's natural potential, which allows them to acquire the learning skills needed to be well rounded citizens.

### **KIDS PLAY**

O Fallon, MO 63366 | (636) 379-9494

Kidsplay was founded by a parent and teacher who wanted to create a special place for children to "just be kids" while their parents were assured of a safe, secure, quality childcare program. Kidsplay's unique design is a reflection of seventeen years of focusing on the needs of families and providing a flexible day, evening and weekend schedule, on a no appointment needed basis. Since 1991 parents have attended meetings, run errands, worked evenings or weekends, volunteered, or enjoyed a night out, while their children took part in many fun programs at Kidsplay.

### **RENAUD SPIRIT CENTER**

O Fallon, MO 63368 | (636) 474-2732

The Renaud Spirit Center is a 66,000 square-foot facility in O'Fallon Sports Park, O'Fallon, Missouri. Recreational opportunities abound for patrons of all ages. Enjoy extensive programming in aquatics, sports, fitness and wellness. We invite you to explore and enjoy all that the Renaud Spirit Center has to offer.

### **TENDERCARE LEARNING CENTER #3**

O Fallon, MO 63366 | (636) 978-4775

We believe that communication between home and center is important in establishing a consistent environment for your child. Please keep us informed of changes in your child's schedule, health or home situations at all times. All of these things greatly influence your child's life and will affect all facets of behavior. We offer a variety of programs at each center to meet the needs of each child. All of our Centers are State Licensed and our programs are designed to develop in your child, a positive self-image, independence, creativity, initiative and self-control. In addition, parents are always welcome to visit our classrooms! When you visit our classrooms, please feel free to participate in the activities - especially when your child is new to our center. All we ask is that you give us a quick call ahead so we can plan to include you in our activities and to avoid naptimes.

## **THE LEARNING LODGE LLC**

O Fallon, MO 63366 | (636) 240-5634

Our staff views the learner as a whole child, striving to meet their intellectual, emotional, social and physical needs. Our teachers are committed to providing care and education in a safe and loving environment. We teach with creative teaching techniques, varied learning opportunities and the use of technology. Parents and teachers work hand in hand to prepare our students to be life-long learners and to apply their knowledge and skills in meeting life's challenges.

## **UNITED SERVICES FOR THE HANDICAPPED**

O Fallon, MO 63368 | (636) 926-2700

United Services creates an inclusive educational environment that values children of all abilities, in partnership with our community.

## **WEST COUNTY DAY SCHOOL AT O'FALLON**

O Fallon, MO 63368 | (636) 978-6858

Our vision for the center is to educate, train and prepare children for the ever changing world they are challenged with today. We want them to be strong and healthy in every aspect - emotionally, mentally, socially, intellectually and physically.

## **WONDER YEARS**

O Fallon, MO 63368 | (636) 978-3240

As a State Licensed center, we provide a nurturing and safe environment for your child to learn and be stimulated with hands-on experiences in an educationally enriched atmosphere. With a degreed staff, our classroom setting promotes social interactions, fine and gross motor growth, and emotional and intellectual development. Wonder Years strives to create a childhood adventure each and every day for your child. You'll be amazed at how much your small wonder teaches you in the days to come.

## **AMERIKIDS CHRISTIAN CENTER**

O Fallon, MO 63366 | (636) 379-9543

Welcome to AmeriKids Christian Center. We know that finding good child care is a difficult task. There are so many centers to choose from, costs of tuition, activities, services, which one is right for you? Find a facility that meets what is important to you. You are making this decision for your child. Get references and do your homework. Student-to-Teacher Ratios State Inspections Cleanliness of the facility Classroom routine "Open-Door" policy Staff Stability

## **BRIGHT START ACADEMY**

O Fallon, MO 63366 | (636) 379-2600

First and foremost we provide the best possible environment for a child. Children learn best when they are engaged and interested, and what better way to do that than to have fun while learning. While at our Academy your child will have plenty of time working on teacher directed activities. However learning at Bright Start Academy is also designed to be informal and flexible so the children are allowed to explore, discover and create. It is also varied in nature so the children discover themselves first as individuals, and then relate to others in their group. Bright Start Academy has experienced professional staff. Our Directors have at least 10 years as Directors. Our nurturing and caring staff receives on-going training throughout the year by attending various workshops related to the field of early childhood education. By being trained properly and having stability in management, the turnover in our staff is very low compared to other schools. This stability and continuity is important to your child's emotional and educational growth. And of course at Bright Start we pride ourselves on providing unsurpassed value. As you check our tuition rates you will find that we are among the most affordable schools in the St. Louis metro area.

## **KIDS ACADEMY INC.**

O Fallon, MO 63366 | (636) 561-8697

We are designed to provide a warm and nurturing atmosphere that encourages and supports a child's social, emotional, intellectual, and physical development. We strongly believe that learning happens through fun, exciting, hands-on experiences. It is our goal to work jointly with parents on their child's total development. Our program is designed to meet the needs of our parents. We provide an excellent program for families and simultaneously make every effort to manage our expenses to keep our tuition as reasonable as possible. Your child, age six weeks through school age (age 12) may be enrolled.

## **LITTLE HOUSE LEARNING CENTER**

O Fallon, MO 63366 | (636) 978-2694

At Little House Learning Center, each child is recognized and treated as an individual. We provide a developmentally appropriate learning environment where your child can gain knowledge through hands-on, child-directed activities. Your child will grow physically, socially, emotionally and cognitively.

## **THE GODDARD SCHOOL**

O Fallon, MO 63368 | (636) 561-8559

The Goddard School® is dedicated to encouraging a lifelong love of learning by: Offering a wide range of enriching activities to meet the individual needs of each child Focusing on building each child's emotional, social, cognitive and physical skills Offering multi-cultural and developmentally appropriate materials and equipment Complying with Quality Assurance Reviews and parent surveys conducted by GSI Supporting the professional development of teachers through early childhood education training Offering open communication with families in an atmosphere of mutual trust and respect

## **CORNERSTONE PRESCHOOL**

O Fallon, MO 63366 | (636) 379-5334

Our main goal is to provide a positive atmosphere, which will promote the social, physical, intellectual, and emotional growth of the child. Learning experiences, appropriate for the age of each group, are provided daily.