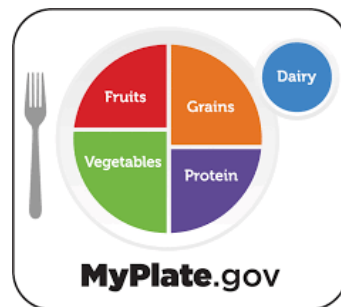




Nurse Corbett's Corner

Winter 2023

We all know that over the winter holiday season eating healthy may be low on the priority list. Quick bites while on the go, cookies, cakes, and candy are more prevalent and let's face it, easier to eat than making a healthy meal. A new year brings a fresh start for making better healthy choices for your family and most important for laying a healthy framework and healthy nutritious lifestyle for your PreSchool Child. To help with healthy school lunch choices, please see the link below from Harvard School of Public Health and other valuable nutrition information.



[Harvard School of Public Health](#)

[USDA Meal Guidelines for Preschool](#)

[Nutrition Standards for CACFP Meals & Snacks](#)

[My Plate for Preschoolers](#)

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