

Health, Wellness, & Tower Garden Class Newsletter (class #1 & #2)

Hello Montessori Preschool families! Mrs. Stapley here!

I'm a Health Coach & I teach your kiddos the **Health & Wellness & Tower Garden** classes on **Tuesdays**.

(Some of your kiddos may have had me last year!)



What a joy that it is to see them loving & learning to take care of their bodies!

For our first week we introduced the concept of "Good" sugars vs. "Bad Sugar".
Chocs that are helpful for our bodies & ones that are not.

Here are some wonderful healthy alternatives to the chemical filled,
often addicting, common sugars used in foods these days.



It was taught to the kids, that although Honey & Maple syrup are great natural sweeteners, we only need very small amounts per meal. Whereas, the granule forms of Monifruit & Erythritol can be a 1 for 1 measurement when replacing cane sugar in recipes.

We've got Liquid Stevia (over 100 x's sweeter than cane sugar. We are actually growing the Stevia plant on our Tower Garden's), Raw & Unfiltered Honey, Monifruit granules, 100% Pure Maple Syrup, & Erythritol aka Swerve sugar replacer (won't cause blood sugar levels to spike).



They also taste tested an oh so good for you dairy free & sugar free chocolate chips sample.

They can be found at your local Sprouts or online at Amazon.