

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 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 Sugars".
Ones 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 Monkfruit & Erythritol can be a 1 for 1 measurement when replacing cane sugar in recipes.

We've got **Liquid Stevia** (over 200 x's sweeter than cane sugar. We are actually growing the Stevia plant on our Tower Garden!), **Raw & Unfiltered Honey**, **Monkfruit 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.