



## **HEALTHY SNACK POLICY 2009-2010**

Offering healthy snack choices in the classroom is an important part of creating a healthy school environment.

Snacks are important for providing children with nutrients to support growth and learning. Celebrations and special events during the school year provide an opportunity to have food as a special treat in the classroom. Smart snacks enhance children's academic and athletic performance, and provide an opportunity to apply nutrition education principles by having students plan their snack.

Nutrient rich snacks can help fill nutrition gaps faced by today's overweight and undernourished school age children. In planning classroom parties, snacks and school wide events, encourage children and families to make healthy food choices. With a little imagination, snacks and parties can be fun and still provide healthy, nutrient-rich foods.

All parents and school staff who supply snacks for the classroom are encouraged to provide healthy food choices. By doing this, you are reinforcing the importance of healthy eating and contributing to the improved eating habits of students!

Try these healthy snack ideas for the classroom:

- Single serve packages of trail mix
- Single serve bags of pretzels
- Single serve bags of carrots
- Single serve bags of animal crackers
- Single serve bags of baked chips/crackers
- Single serve bags of low fat popcorn
- Single serve low fat string cheese
- Single serve raisins/dried fruit
- Single serve nuts/seeds
- Single serve bag of rice cakes
- Single serve bag of Chex mix
- Water

Due to food safety and other concerns, parents and school staff are strongly encouraged to bring in snacks in pre-packaged as single servings in their lunch box.

Do not forget to turn your receipt in to the office or teacher with your name on it to receive credit for volunteer hours. For every \$10 you will receive 1 hour of volunteer time.