



Healthy Snack and Celebration Policy

Once a school has made a commitment to making better food choices, it is important to be **consistent** throughout the culture of the school. A healthy snack and celebration policy provides advice and guidelines for promoting healthier choices and helps teachers and parents adhere to the new rules. This is not about killing the cupcake. Cupcakes have their place in the world. However, the school community is a large one. If every birthday and special event is celebrated with cake the health of the student body begins to suffer. **By all means, celebrate the child – but not at the expense of his or her health.**

A healthy snack program should help to increase the number of fruits and vegetables in students' diets and means less processed, refined and sugar-laden foods. Eating cleaner, whole foods leads to fewer behavioral problems, greater and more consistent levels of energy and focus, stronger immune system (less missed days) and better overall performance.

The key to creating a well balanced and varied snack choice is to pair a protein with a carbohydrate. Some examples are shown below. In cases where students are unable to provide their own snack, the teacher should bring extra. A school official should be asked to help cover this cost.

➤ **Protein Choices**

Cheese: Do NOT opt for fat free options. Buy whole or 2% cheese. Fat does not make children fat. It makes them feel full.

Nuts: While it is important to check with your child's teacher about nut allergies, nuts are an excellent source of protein, vitamins and minerals.

Hummus: A dip made from chickpeas.

Edamame: Soy beans. Inexpensive and easy.

Yogurt

➤ **Carbohydrate Choices**

Fresh Fruit: Choose fruit that does not require refrigeration. If possible, fruit should be cut up.

Dried Fruit: Real dried fruit can be a healthy snack. Stay away from fruit leathers or roll ups which tend to be filled with sugar and chemicals.

Fresh Veggies: Cut up veggies are a great choice and easy to munch on.

Grains: Rice cakes, 100% whole grain crackers, plain popcorn, whole wheat pretzels.