

Adopted: \_\_\_\_\_

Policy 533.1

Revised: \_\_\_\_\_

## 533.1 HEALTHY SNACKS/TREATS POLICY

### I. PURPOSE

The purpose of this policy is to provide an avenue for students to be exposed to healthy food choices and rid unhealthy foods from classroom snack time and/or treats. The school is a place where students are learning healthy life decisions and school staff should serve as role models in providing opportunities for healthy eating. Because childhood obesity is a growing national health concern, Moose Lake School will implement a healthy snack/treat policy as a means to improve the health of our students.

### II. GENERAL STATEMENT OF POLICY

- A. The School Wellness Committee, Teachers, Staff, School Administration and School Board recognize that good nutrition, and positive nutrition education are essential components of students growing up healthy.
- B. To support healthy food choices, the school will have a healthy snack list for classroom snacks, treats, parties or celebrations including students snacks brought from home or provided by parents or teachers. This list will be developed and revised as needed by the Wellness Committee.
- C. School personnel will not use foods or beverages as rewards for academic performance or good behavior, unless this practice is allowed by a student's individual education plan (IEP), and will not withhold food or beverages as punishment.

### III. DEFINITIONS

- A. Unhealthy Food Choices: Foods with a high quantity of calories, sodium and/or fat. (Ex. Candy, Cookies, Chips, etc.)
- B. Healthy Food Choices: Foods with low fat and sodium contents, including, but not limited to, fruits, vegetables, healthy grains, and low-fat dairy. Foods listed on the "Healthy Snack List for Moose Lake Schools" meet this definition.

### IV. GUIDELINES

- A. School Administration and teachers (elementary and high school) will receive the healthy snack/treat list at the beginning of the school year. If revisions to the list occur during the year, updated copies will be

distributed. School administration and teachers will not be allowed to distribute snacks/treats unless the items are on the healthy snack list.

- B. The healthy snack list and explanation will be communicated to parents/guardians the first week of school by letter and/or through the student handbook. Students and parents will be encouraged to bring in snacks that are on the healthy snack list.

## V. EXCEPTIONS

- A. A list of students with food allergies will be compiled by the school nurse from paperwork given to the school by parents at the beginning of the year. Results for each classroom will be compiled and included in the letter home to the parents about what foods contained on the healthy snack list are NOT allowable because of allergies.

## VI. DISSEMINATION OF POLICY

- A. The Healthy Snack/Treat Policy will be disseminated in a variety of ways including, but not limited to:
- The school newsletter and/or letter home at the beginning of the school year
  - Elementary and high school handbooks
  - Local grocery stores
  - At school functions for awareness and education
  - District website

# Healthy Snack List for Moose Lake Schools

## Fruits and Veggies\*:

Raw/Fresh: please cut or slice.

Dried: Low sugar/salt.

*(Check for allergies and take any food off the list—even if only one student has the allergy)*

- Avocado
- Broccoli
- Carrots
- Cauliflower
- Celery sticks
- Cherry tomatoes
- Cucumber
- Green beans
- Pepper Slices
- Snap peas
- Squash
- Apple slices
- Applesauce
- Bananas
- Blueberries
- Cantaloupe/Honeydew melon
- Craisins
- Dried apricots or other dried fruit
- Dates
- Frozen 100% juice bar
- Grapefruit
- Grapes
- Orange
- Peach
- Pear
- Pineapple
- Plums
- Prunes
- Raisins
- Raspberries
- Watermelon

## Protein and Dairy

Low-fat, low sugar, no nuts/peanut butter (*check for allergies*)

- Cheese sticks or chunks
- Yogurt
- Low-fat cottage cheese
- Low-fat string cheese
- Hardboiled eggs,
- Low-fat cream cheese dip
- Sunflower seeds
- Turkey slices

## Whole Grains

(“Whole wheat, oat flour, multi-grain, corn, etc.” NOT bleached flour, etc)

- Cheerios
- Graham crackers
- Fig bars or other fig cookies
- Oatmeal
- Popcorn
- Pretzels
- Rice cakes
- Sesame sticks
- Tortilla chips
- Whole grain bagels or English muffin
- Whole grain crackers
- Whole wheat/grain bread

\*Fruits and Veggies not limited to this list

Ideas from Sawtooth Elementary (Grand Marais, MN), Jordan Elementary (Jordan, MN) and Positive Promotions (Hauppauge, NY)

## General Do's and Don'ts

*Examples of appropriate times for using food in the classroom:*

- Cultural Activities/Global Learning.
- Special celebrations if the food items are on the healthy snacks/treats list.

*Examples of inappropriate use for food in the classroom:*

- Giving candy, or other food as a reward for a perfect spelling test, reading achievements, etc.
- “Read and Feed” type activities.
- Giving foods with a high quantity of calories, sodium and/or fat.