

NPS HEALTHY SNACKS & SPECIAL OCCASIONS GUIDELINES

2016-17 SCHOOL YEAR

We at Norwood Public Schools are committed to our goal of setting a healthy example to teach lifelong wellness behaviors.

We recognize the importance of celebrating special occasions and want to support this tradition. Our goal is to NOT:

- Overload kids with sugar
- Disrupt classroom activity
- Ruin a child's appetite for lunch or dinner

This is a golden opportunity for parents and staff to demonstrate and encourage healthy choices.

Snacks served during the school day shall make a positive contribution to children's diets and health, with an emphasis on serving fresh fruits and vegetables as the primary snacks. This policy shall conform to the USDA smart snacks and healthy beverage guidelines. The staff of NPS will assess if and when to allow snacks based on timing of meals, child's nutritional needs, child's age and other considerations.

PLEASE!!!....Do NOT send foods with minimal nutritional value such as...

- Frosted cupcakes
- Candy
- Sugar loaded cookies
- Candy-coated popcorn
- Chips
- Soda or sugar sweetened beverages

PLEASE BE AWARE THAT WE DO HAVE ELEMENTARY STUDENTS WITH LIFE THREATENING FOOD ALLERGIES!

PLEASE DO NOT SEND FOODS WITH...

- Peanuts or tree nuts
- Items made with peanut oil or traces of nuts

HEALTHY SNACK SUGGESTIONS:

Fruit -

- Whole pieces, slices, cubes or wedges of fresh fruit
- Unsweetened applesauce/fruit cups

Exhibit ADF-E 2

- Dried fruit (preferably unsweetened) berries, raisins, apricots, apples, cranberries, pineapple
- Frozen fruit- grapes, berries, melon, peaches, plums, pineapple, etc.
- Fruit leathers or rollups with no added sugars
- Popsicles made with 100% fruit juice, yogurt, milk & ice or frozen fruit
- Smoothies- blended with 100% juice, yogurt, milk & ice or frozen fruit

Vegetables-

- Vegetables with healthy dip- celery/carrot sticks , cucumbers, red/yellow pepper strips, broccoli/cauliflower “trees”
- Dips such as ranch, yogurt based dressings (low in fat and additives) hummus, guacamole, bean dips, salsa, etc.
- Edamame in the pod (ask your kids...we serve them at school lunch and they're a hit!)
- Veggie pockets - Cut whole wheat pita in half; add veggies with dressing or hummus.
- Pinwheels- Tortilla with hummus, dip, low-fat cream cheese and veggies. Rollup & slice.
- Ants on a log- Celery sticks with low-fat cream cheese and raisins/cranberries.

Healthy Grains-

- Whole grain English muffins, pita bread or tortillas
- Crackers- Triscuits, Wheat thins, Ok-mok, Whole Grain Goldfish, Whole wheat matzos served with low-fat cheese or lunch meats
- Rice cakes made with whole grain brown rice
- Popcorn
- Baked tortilla chips
- Granola or whole grain cereal bars- low in fat and sugar
- Pretzels, Breadsticks and Flatbreads-whole grain

Other Snack Ideas-

- Hard-boiled or deviled eggs
- Raw sunflower or pumpkin seeds
- Unsweetened trail mix (without nuts)

Beverages-

- Water- should be the main drink served at snack times
- Low-fat milk
- 100% Fruit Juice with no added sweeteners
- Sparkling water with fruit

***Pinterest and Yummly are websites with some great healthy snack ideas also! 😊**