

Classroom Snack Guidelines West Middleton Elementary School 2011-2012

The purpose of this handout is to inform parents and teachers of acceptable foods to bring for classroom snacks. This is according to the MCPASD Wellness Policy. Please follow these guidelines.

Examples of Acceptable Foods for classroom snack*	Examples of Non-Acceptable Foods for classroom snack*
Fresh fruit Fresh vegetables Granola / Granola bars Low-fat or fat-free yogurt products Whole grain cereal 100% fruit juice Nuts or trail mix Air-popped popcorn Dried fruit String cheese (<i>reduced fat</i>) 100% fruit juice popsicles Crackers (<i>try to choose whole grain crackers with "whole wheat" listed as first ingredient, and avoid trans fats</i>) Bagels (<i>try to choose whole grain</i>) Pretzels (<i>try to choose whole grain</i>) Canned fruit in light syrup	Candy / Candy bars Pop Sweetened fruit juice / beverages Cupcakes Frosted or crème-filled snacks / crackers Cookies Cake Ice cream Bars and brownies Doughnuts High sugar cereal Butter or oil- added popcorn

Please be aware of specific food allergies in your child's classroom.

- * Please note: This is not an all-inclusive list. If you want to know if an item is acceptable, use the following criteria:
- No candy / cookies / bars (birthday treats are an exception)
 - No soda or sugar-added beverages
 - Not more than 30% of calories per serving from fat or 10% of calories per serving from saturated fat

Acceptable treats can also be ordered for special occasions through the Food Service Department. Forms will be available in the office. You can also call the Food Service Department at 829-2344 to order treats.

Classroom Party Ideas!!

Create a sign-up sheet or assign items to be sure that healthy party items are included. Limit dessert and candy items.

Examples: Fresh fruit and/or vegetables tray, whole grain crackers with reduced fat cheese, 100% fruit juice, air-popped popcorn.

Healthy treats are encouraged for party and birthday celebrations. Store-bought cupcakes and cake are highly discouraged.

Information on Specific Ingredients

Read the Nutrition Labels / Ingredient Lists to look for these ingredients:

Sugar and High Fructose Corn Syrup

These sweeteners add extra calories with no nutrition and are associated with obesity. About one-third of U.S. children are overweight, so eating fewer sweeteners / sugars would help limit the extra calories many kids don't need.

One teaspoon of sugar equals four grams by weight. For example, if you read on the Nutrition Label that a cereal has 12 grams of sugar per serving that is equal to a whole tablespoon! Some cereals are almost half sugar!

Look at juice labels – is it really 100% fruit juice? Don't be fooled.

Limit Refined Grains – Choose More Whole Grains

Both children and adults are not getting the three or more servings of whole grains recommended per day. Whole grains have more nutrients and more fiber and are the better choice.

Look for whole grain snack choices such as Triscuits, Whole Grain Wheat Thins, Whole Grain Goldfish Crackers, air-popped popcorn and whole wheat bagels. If it is a whole grain the first ingredient on the label should be whole wheat (or whole oat, etc). Some cereals are good snack choices such as: Quaker Oat Squares, Multigrain or regular Cheerios, Wheat Chex, and many others. Remember to read the ingredient list to find the whole grains.

Saturated Fats / Trans Fats / Partially Hydrogenated Fats

These fats contribute to heart disease and other chronic diseases and contribute excess calories to our diet. The MCPASD Wellness Policy allows foods which have less than 30% of their calories from fat and less than 10% of their calories from saturated fat. See "Calories from Fat" on the Nutrition Label of each product. Choose products with as little saturated fat and trans fats as possible (NONE is best!).

Artificial Sweeteners

It would be best to avoid bringing in snacks which contain artificial sweeteners such as Aspartame or Sucralose (read the Ingredient List). Some people have experienced health problems after consuming Aspartame or other artificial sweeteners. Also, many parents would rather not have their children consume these.