

Clay Community Schools

1013 S. Forest Ave.

Brazil, IN 47834

812 443-4461

Dear Parent/Guardian,

September 9, 2015

The Clay Community School Corporation recognizes the benefit of serving healthy snacks to our children, by providing good nutrition for growth and development, supporting lifelong healthy eating and preventing costly and potentially disabling diseases, like heart disease, cancer, diabetes, high blood pressure, and obesity. It further recognizes the existence of significant research which indicates that a positive relationship exists between adequate nutrition, good emotional and mental health, and academic success.

Clay Community Schools' Wellness Advisory Council recognizes that snacks are a bigger part of kids' diets than in the past. Snacks can make positive or negative contributions to kids' diets – depending on the choices we offer.

At school parties and celebrations we encourage the use of healthy foods. These parties should take place at times that will least interfere with the students' eating a nutritious lunch. Parents and guardians should follow recommended guidelines when sending snacks to school. Any snack not meeting the recommended guidelines must be pre-approved by the Principal before it can be served to students.

Recommended guidelines include;

- ✓ Classroom celebrations must be communicated with classroom teacher at least 1 week in advance.
- ✓ Snacks served during the school day should make a positive contribution to the child's diet and health.
- ✓ No snacks (including bagged candy or treats) will be sent home with children.
- ✓ No homemade foods will be allowed to be brought to school.
- ✓ Please check with your classroom teacher regarding any students with allergies.

Foods and beverages meeting the nutritional standards should not have more than 35% total calories from fat; food items should have more than 10% of the recommended daily value for at least one of the following nutrients: vitamin A, vitamin C, calcium, iron, protein, or fiber. Healthy beverages include; water, milk, 100% fruit juice, vegetable drinks, and sports drinks.

Suggestions for HEALTHY SNACKS are listed on the back of this page. Teachers and parents are encouraged to use this list when planning celebrations or offering snacks in the classroom.

Sincerely,

Ernie Simpson

Director of Personnel, Data & Food Services

Lynn Stoelting R.N.

Coordinator of Health Services

Healthy Snack List

Fruits and Vegetables

Healthy options include; fresh fruits and vegetables, frozen fruit, applesauce, fruit cups or canned fruit (in juice or light syrup); dried fruit and fruit leathers (without added sugars); fruit salad, fruit juice popsicles; and homemade smoothies. Vegetables can be served with dips like hummus, bean dip, or salad dressing.

Healthy Grains (whole grains that are low in fats and sugars)

English muffins, tortillas, breakfast cereal, crackers, rice cakes, popcorn, tortilla chips, granola, cereal bars, breadsticks, or flatbreads. Refined grains such as pretzels and goldfish should not be everyday offerings. Be sure to read nutrition labels to pick options that are low in sugars, saturated fat, and 0 trans-fat.

Low-Fat Dairy Foods

Dairy food should be low-fat or fat-free such as; yogurt or low-fat pudding. Cheese should be lower-fat and served in small portions.

Nuts and Trail Mix*

Since nuts are high in calories. It is best to serve small portions (a small handful) and serve them along with another snack, such as fruit.

Healthy Beverages

Water should be the main drink served at snack times, low fat milk or flavored milk, or fruit juice (at least 50% fruit juice), or low sugar sports drinks may be offered occasionally.

***Occasionally, classroom teachers may need to eliminate certain snacks due to a student having life threatening allergies.**