

New Prairie United School Corporation

Health Snack Suggestions for Classroom Parties in October, December and February 2015-2016

Dried Fruit – alone or mixed with nuts, raisins, sunflowers
Fresh Fruit – Whole or cut for small bite-sized fruit cups
Raisins – regular or golden
Veggies – be creative – add peanut butter, low fat cheese, or low fat yogurt spread
Fruit leather (We recommend Stretch Island 100 % fruit!) Avoid sugar – laden snacks
Sunflower seeds – flavored are fine, just watch for added sugar
Corn or Soy nuts
Unsweetened applesauce – makes a great dip for animal crackers!
Pita wedges with hummus
Tortilla chips with bean dip – watch for high fat and carbohydrate counts on the chips
Animal crackers
Graham crackers – plain, not sugar dusted
Yogurt
Low fat milk – flavored is fine, watch sugar content
Low fat cheese
Baked pita chips
Whole wheat/whole grain crackers

This list is not meant to be limiting nor is it meant to be comprehensive – these are just some suggestions. We recommend that you use your creative talents when serving snacks to kids – cutting fruit into fun shapes, mixing yogurt with cottage cheese to make colorful, tasty dip for veggies, etc. will help children learn to love eating healthy snacks. The Internet is a good resource when looking for healthy snacks and recipes. Keeping a good balance of fat, fiber, and carbohydrates is important when choosing snacks.

The best “rule of thumb” is to avoid high fat, high sugar snacks – no fried chips, no candy, no cookies/cake, and no ice cream. If you want to bring a snack in for your child’s class but you are not sure if it fits within the corporation’s policy guidelines, please contact the office or Tammy Watkins, Food Service Director. Food trays are also available for purchase through our food services by contacting Tammy Watkins at 574-654-7271 or 219-778-2215.

Just using some basic common sense, will go a long way in helping us work together to address the nutrition needs of the students. Our corporation, along with every corporation in the United States, has been mandated to address nutrition at the school level. Indiana law dictated to us that we have a wellness policy in place by June 30, 2006. One part of the law mandates that we address the food served to children during the school day, the other part required we address physical activity during the school day.

We are doing what we can to be complaint with the law by eliminating sugary snacks and rewards, and encouraging teachers to increase physical activity in the classroom whenever possible. Like anything else, this is going to be developed through trail-and-error. Our goal is to work together in order to best serve the health need of our students. Your suggestions, comments and creative ideas are always welcome.



NO BIRTHDAY TREATS

State Senate's School Nutrition Bill (SB111), which addresses child obesity concerns, has required every school in Indiana to restructure school procedures that contribute to a child's daily intake of food and drink while at school. At the beginning of the school year you will get more detailed information on what snacks will be allowed, and what won't be allowed. We thought we'd give you a head's up on one of our procedures that will be instituted at all NPUSC elementary schools.

Birthday celebrations will no longer include bringing food to school. This is because cupcakes, and other sweets, will not be on the NPUSC's corporation's Healthy Snack list. (Once again, the Healthy Snack List will be given to you at the beginning of the school year.) As principals, we are concerned that a child may bring the wrong kind of snack for his/her birthday, and then would be broken-hearted if we tell them that they can't serve it. But don't worry; your child can still bring something to share with the class! If you do want to send something with your child we recommend bringing a "birthday" book, or one inside recess game, or a school supply (such as an eraser or pencil) for each student, etc. If each child brought a birthday book for the class, each class would have added anywhere from 20-25 new books to their classroom library! Written inside the book cover could be "donated by Sue Smith 2007".

Remember that we are only referencing birthday celebrations. We will let you know about other acceptable snacks for other occasions throughout the year.

Thank you,

Mrs. Myers, Principal
Prairie View