



Hardin-Central C-2 School District

Administrative Office
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Strength in Numbers

Austin Purvis, Elementary Principal Zack Danner, High School Principal
Trey Cavanah, Superintendent

Dear Parent/Guardian,

It is well recognized that poor eating habits not only affect a student's health but also their ability to learn. A healthy diet can prevent future health problems, such as, obesity, heart disease, diabetes, cancer, and many other chronic diseases. Good nutrition is crucial for academic success at school. Research studies show that students who eat foods low in fat and sugar perform better in school. The Hardin-Central C-2 School District endeavors to improve the health of its students and provide an environment that is supportive of overall health and well-being. To this end, the school district is encouraging that food brought in to school for celebrations, parties or other activities be healthy and prepackaged.

A good guideline to help make healthy selections is to choose foods and/or beverages that are low in sugar, salt and fat and are minimally processed. When thinking about food that you may bring into school remember that snacks should be kid-size. Both students and adults don't need large portions. Snacks that are especially good for everyone are fruits, vegetables, whole-grain foods, low-fat dairy, and lean proteins.

It is also fun when celebrating achievements or having parties to offer non-food items. Here are just a few ideas. Provide pencils, erasers, stickers, bookmarks, bubbles, balls, etc. Or arrange for a scavenger hunt, read aloud to students, or provide certificates or ribbons.

Please see below for a list of ideas of healthy snacks and beverages.

Beverages

- Water
- 100% fruit juice (no added sugar)
- Fat free or low fat milk
- Silly water (add fruit/herbs to plain water)

Fruits and Vegetables

- Fresh whole or sliced fruit (sliced apples with cinnamon, banana slices rolled in yogurt and rolled in whole grain cereal toppings)
- Dried fruit (no added sugar)
- Frozen fruit (try frozen grapes)
- Raw vegetables (baby carrots, sugar snap peas, sliced bell peppers, celery topped with peanut butter or raisins or low-fat cream cheese, etc.)
- Dips: hummus, salsa, bean dip, honey mustard, low-fat yogurt

Grains

- Whole grain crackers, pretzels or cereal bars
- Low-fat or air popped popcorn (no added butter or salt)
- Baked whole grain tortilla chips

Proteins

- Fat-free or low fat yogurt
- Nuts or seeds
- Low-fat cheese
- Hummus