

Union Township School Corporation Wellness Plan Update

Due to the new federal law asking for children to have access to healthy foods and opportunities to be physically active in order to grow, learn and thrive we need your help to comply with the new wellness plan and handbook guidelines.

- Students are not permitted to have drinks (other than water) in the classroom.
- Water must be in a clear container or bottle.
- Classroom parties will include commercially prepared, healthy food options and no more than one (1) food and one (1) beverage that does not meet the USDA Dietary Guidelines.
- It is our policy not to allow fast food lunches to be brought into the cafeteria, except on special occasions (i. e. birthdays), and then food can only be brought in for your own child.
- Soda pop and other carbonated drinks are never permitted in the cafeteria for lunch.

Wellness Snack List

Good health fosters student attendance and education



Please help us by sending in healthy snacks and treats.

If your child's class has a snack -time, the following is a list of foods that may be brought.

Animal Crackers/Crackers
Low-Fat Yogurt
Pudding Cup
Pretzels
Trail Mix
Goldfish
Dry Cereal

Sunflower Seeds
Granola Bars
Popcorn
Fruit
Rice Cakes
Dried Fruit
Cheez'n Pretzels

Pita Chips
Veggies
100% Fruit Juice
Vegetable Juices
Low- Fat Cheese
Graham Crackers
Cheez'n Breadsticks