

SMART SNACK IDEAS

Fresh vegetables (sacks of carrot/celery sticks, broccoli, cauliflower)

Fresh fruits (sacks of apples, bananas, grapes, oranges, strawberries)

Apple sauce	Raisins	Fruit roll ups
Twizzlers	Fruit gummies	Crackers
String cheese	Cubed cheese	Go-Gurt yogurt
Rice Krispie Treats	Reduced Fat Chips	Hunt's pudding cups
Jell-O snacks or similar brand		

All foods should meet the Smart Snacks guidelines and this can be verified using the Smart Snacks Calculator at <https://foodplanner.healthiergeneration.org/calculator/>

Please note most of our schools sell snacks and those that do make sure these snacks meet the health requirements.

Also we do not sell and ask you not to send any products containing nuts. Please check the labels on ALL foods (even the ones listed above).

Manufacturing practices change, sometimes daily. If an item contains peanuts, peanut oil, nuts, or nut oil, or has a statement as "May contain traces of...", or "Made on equipment that manufactures or processes....", or "Made in a facility that manufactures . . .," it is not considered safe.

Snacks may include but not limited to:



Celebrations and Parties

For celebrations and parties in order to insure that all foods served to children are safe and sanitary, all items served at school parties must be purchased rather than homemade and individually wrapped or from a secured sealed package with nutrition label included.

Therefore, we will not accept cupcakes, donuts, etc. from Walmart and/or local bakeries.

CELEBRATIONS THAT SUPPORT CHILD HEALTH

NON-FOOD CELEBRATION IDEAS



CHOOSE A PRIZE

Pencils or erasers
Stickers
Books
Enter a drawing or raffle for a bigger prize
Earn tokens or points toward a prize



GET MOVING

Lead a special physical activity break
Host a special event such as a dance or kite-flying party
Provide extra recess or PE time
Turn on the music and let students dance for a few minutes
Have a themed parade around your school



SHAKE UP YOUR ROUTINE

Let student choose a special activity or be a teacher's helper
Allow student to select a special book or invite a guest to read aloud
Go on a scavenger hunt
Host a special dress day where students can wear hats or pajamas



SHOW RECOGNITION

Give a certificate or ribbon
Post a sign in the classroom or on a prominent bulletin board
Give a shout-out in the morning announcements
For birthdays, allow child to wear a crown or special sash