

West Branch Community School District Classroom Snack Information

The West Branch Community School District Wellness Policy (504.13R) prompts us to promote student access to healthy snacks. In order to honor this policy and protect our students with allergies and food intolerances, foods brought for snack, birthday, and/or classroom celebrations must be commercially prepared/packaged healthy food items with an intact ingredient label. Beverages offered at classroom events must be water, milk or 100% fruit and vegetable juices. Items not meeting these requirements will not be able to be served to students. We apologize for the inconvenience but we will no longer be able to accept homemade treats.

- Classroom snacks, birthday treats, and classroom celebration food requirements:
 - All food must arrive to school in a sealed manufacturer package
 - Individually packaged snacks work well but are not required
 - No homemade foods will be served
 - Foods should aim to be (as much as possible):
 - Whole grains when possible
 - Less than 200 calories per serving
 - Zero trans fat
 - Calories from saturated fat should be less than 10%
 - If your child is in a designated nut-free classroom (teacher will notify you accordingly), snacks should be free of peanuts, tree nuts, or peanut butter. Snacks should also not be made in a factory where cross contamination may occur. Please review food labels carefully.

Sample Nutrition Label (areas to check are circled):

| Nutrition Facts | |
|----------------------------------|---------------------|
| Serving Size 1 cup (236ml) | |
| Servings Per Container 1 | |
| Amount Per Serving | |
| Calories 80 | Calories from Fat 0 |
| % Daily Value* | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| <i>Trans Fat</i> 0g | |
| Cholesterol Less than 5mg | 0% |
| Sodium 120mg | 5% |
| Total Carbohydrate 11g | 4% |
| Dietary Fiber 0g | 0% |
| Sugars 11g | |
| Protein 9g | 17% |

A list of healthy snack options is attached to this document. While this list is not exhaustive, these examples comply with the West Branch Community School District wellness policy and are meant to help families plan accordingly. Also, feel free to consider low cost non-food treats, if interested, to celebrate birthdays or holidays (pencils, stamps, stickers, temporary tattoos, etc.). As always, do not hesitate to contact us with any questions.

Sincerely,

Dave Hlas
Elementary Principal

Hoover Elementary Healthy Snack List

- Yogurt
- Raisins
- Cheese slices
- String cheese
- Pudding Cups
- Whole grain crackers
- Whole grain cereals
- Rice cakes
- Popcorn
- Baked tortilla chips & salsa
- Granola bars
- Cereal Bars
- Pretzels
- Dried fruit
- Fruit cups (light syrup)
- 100% fruit juice popsicles
- Trail mix (if not nut allergy in classroom)
- Packaged sliced apples
- Baby carrots
- Snap peas