

Healthy Lifestyles Snack List



Mission Statement

The Orange Elementary Public Schools recognizes that the wellness of each child is a shared responsibility of every member of our community and that a healthy lifestyle fuels learning. Our mission is to promote education and support informed choices for:

- Nutrition
- Physical activity
- Overall well-being

Our goal is to give our students the tools they need to be healthy and active throughout their lives.

Frequently Asked Questions

Question: Isn't healthy eating the responsibility of the family and not the schools?

Teaching children to make healthy choices is one of the responsibilities our schools *share* with parents. Our job is to support parents in helping their children establish lifelong habits that are good for them. By establishing healthy eating habits early in life, children can dramatically reduce their health risks and increase their chances for longer, more productive lives. You love your children and you want the best for them. We do, too. Foods such as candy, cake, cupcakes, and ice cream do not meet dietary guidelines and should only be served to children at their own parents' discretion.

Question: Doesn't this take all the fun out of celebrations?

Hopefully, our celebrations are just as much fun with fruit kabobs and applesauce bars. In other words, we want celebrations to be enjoyable without the presence of non-nutritional sweets. We asked ourselves, "What's best for children?" and couldn't argue with, "Healthy choices!"

Question: What about the cafeteria?

The Healthy Lifestyles Sub-Committee and the District are also addressing the food served in the cafeteria as part of the policy revision. School lunch menus will be revised. In addition, families will now find the ingredients and nutritional information on the webpage.

BOE Healthy Snack List

With a few easy changes, parents, teachers, and principals can work together to shift the focus of school celebrations from unhealthy food to healthy fun! We are asking parents and teachers to choose to celebrate with healthy food alternatives rather than food that is high in sugar and fat.

Choices:

- Fruit or Vegetable Kabobs
- Fruit Smoothies (blend berries, bananas and pineapple)
- Natural food store items per Page 4 Guideline (trademark rice crispy treats or cookie bars)
- Cookies or cupcakes ordered from our cafeteria
- Animal Crackers with Fruit Salsa for dipping
- Pretzel sticks or Whole Grain Bread (cut into shapes) and Hummus
- Apple Slices with Sunbutter
- Popcorn
- Graham Crackers with Apple Butter for dipping
- Cheese Sticks
- Watermelon Triangles
- Fun and Unusual Fruits - Kiwi, Mangoes, Star Fruit, Pomegranate
- Apple Sauce
- Ants on a Log (Celery with Sunbutter or low-fat cream cheese and raisins)
- Dried Fruit and Nut-Free Trail Mix in individual packages
- Low-fat Pudding, Low-fat Yogurt, Squeezable Yogurt, Yogurt Smoothies, Yogurt Parfaits
- Angel Food Cake with Berries and Whipped Cream
- Banana Splits, made with Yogurt and Fruit, topped with cereal, granola or crushed graham crackers
- Cut-up Fruits w/Chocolate Sauce for dipping
- 100% Fruit Frozen Pops

• **ALL goodie-bags and surprises sent home with children must be food-free, such as pencils, bookmarks, or stickers.**

• **NO candy or gum will be sent home with children.**

Find our Pinterest Board with recipes and creative ideas.

[Good4Kids2014](#)

-
- Celebration snacks made from recipes posted:
 - On www.oess.org website in the 'Healthy Lifestyles' tab
 - In Friday eBlasts
 - On the Pinterest Board at [Good4Kids2014](#).
-

Vegetables

- Red Bell Peppers
- Broccoli
- Grape Tomatoes
- Carrots (sticks or baby)
- Sugar Snap Peas
- Celery Sticks
- Cucumber (sticks or slices)

Fruits

- Bananas
- Berries (blueberries, strawberries, raspberries or blackberries)
- Watermelon
- Cantaloupe
- Grapes
- Pineapple
- Kiwi
- Dried fruits such as raisins, plums or apricots
- Papayas or Mangos
- Frozen 100% Fruit Pops

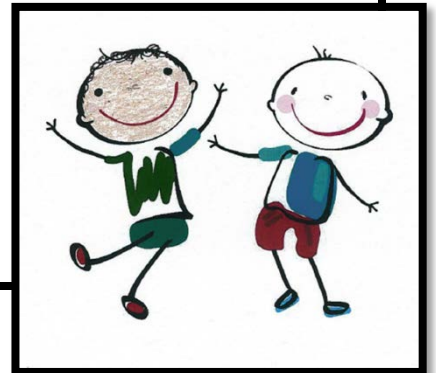


Grains

- Pretzels
- Pita Slices
- Whole Grain Crackers
- Whole Grain Bread cut with cookie cutters (served with cheese)
- Plain or Flavored Popcorn
- Rice Cakes
- Oatmeal Bars
- Hummus (flavored or plain)
- Baked Tortilla Chips w/ Salsa
- Graham Crackers (regular or bear shaped)
- Goldfish (type) Crackers, any flavor

Dairy

- Cheese Cubes or Slices
- String Cheese
- Frozen Yogurt Cups or Pops
- Frozen Pudding Pops
- Pudding Cups
- Gogurt



Guideline for cultural celebrations or class assignments, such as "Colonial Day," "Travel Agency," "PowWow," etc. Provide a list of ingredients to the teacher.

Nutrition Facts

Serving Size 1

Servings Per container 1

Calories	≤ 180
Total Fat	≤ 8g
Cholesterol	≤ 0g
Sodium	≤ 90 mg
Sugars	≤ 12 g
Protein	≤ 8 g

The NO Ingredients:

- High Fructose Corn Syrup
- Hydrogenated or Partially Hydrogenated Oils



Suggestions for Food-Free Birthday Celebrations

← **ALWAYS CHECK WITH THE TEACHER!** →

- Collect age-appropriate "food-free goodies," such as pencils, bookmarks, or stickers bouncy balls, matchbox cars, erasers, tops, magnifying glasses, notepads, balloons, whistles, bubbles, etc. You can get these at a party supply store, dollar store, dollar shelves at stores like Target and Michaels and catalogs like Oriental Trading Company.
- A simple, fun activity such as dancing to the child(ren)'s favorite song
- Read your child's favorite book to the class.
- Read a book the child made about a special event, person, time in his/her life
- Make a small gift and presentation to the classroom, such as art supplies, in the child's name.
- Select a poster or book for the classroom.
- Make a 'Birthday in a Basket' - Select a cause and arrange for students to add to a basket of canned goods, birthday candles, decorated napkins for the Food Pantry ... or dog biscuits, toys, and food for the animal shelter.
- Decorate a box and send it into the classroom with index cards or pieces of colored paper. Have the teacher ask each child to use one sentence to write something nice about the birthday child and put it into the box.
- Bring in something that all the kids can sign as a birthday treat for the birthday child (shirt/sweatshirt, tote bag, autograph stuffed animal, pillow case, etc.).
- Each child's birthday is show and tell time. They can make a poster, bring in some of their favorite things, bring pictures, tell the kids about their favorite things or life at their house, etc.
- Using a dance song, teach the whole class to do the hokey pokey, the chicken dance, or the slide, whatever is your child's favorite!





Optional Healthy Celebrations Sign-Up Sheet for Teachers and Room Parents

	Food Treats Featuring ...	Sign up...
	A Red Fruit or Vegetable (apples, strawberries, watermelon, cherries, sweet red peppers, cherry tomatoes)	
	An Orange Fruit or Vegetable (oranges, tangerines, cantaloupe, peaches, orange peppers, carrots)	
	A Yellow Fruit or Vegetable (bananas, pears, nectarines, yellow peppers, pineapple)	
	A Green Fruit or Vegetable (kiwi, apples, celery, broccoli, snap peas)	
	A Blue/Purple Fruit or Vegetable (blueberries, plums, grapes, blackberries, raisins)	
	100% Juice	
	Sparkling Water with Citrus Slices	
	Craft, Activity, or Game Idea	
	A Non-Food Goodie Bag	
<p>Allergy Alert: Before bringing in peanuts, peanut butter, or other nuts as a snack, check to make sure none of the children has an allergy.</p>		

Non-Food Reward Ideas for Teachers

What's wrong with food rewards?

Food rewards encourage children to eat when they are not hungry. They learn to reward themselves through eating, a habit that may continue into adulthood. When treats are offered as a reward for daily activities in school, children quickly learn to prefer "junk food" over healthier foods. In addition, providing food to children based on their performance or behavior connects food to mood. This practice can instill lifetime habits of rewarding or comforting themselves with food -- a behavior associated with unhealthy eating and unwanted weight.



Orange Public Schools prohibits the use of food as a reward.

Sample ideas for Rewarding Achievement or Behavior

www.teachingideas.co.uk

Fine Diners

As a reward for excellent behavior during lunch, two children are chosen each week by the lunchroom monitors to be "Friday's Fine Diners." They are invited to sit at a table decorated with tablecloth and flowers, and are allowed to invite a friend.



Marble in the Jar

Use a jar and marbles to reward class achievement or behavior. Each marble is a step closer to a bonus (non-food) for the class - music during work time, a game on the SmartBoard, creative game on the iPads, delivery to the office, teach a class, eat lunch with the teacher, stickers, trip to the treasure box, school supplies, extra recess time, sit with a friend, free computer time, free chat break, free choice break, read or write outside.

Adopt ____

Have a stuffed character -- such as Eeyore, a mechanical dog or cat, or a robot -- something with which the kids will identify. The character sits on the desk of the child being rewarded.

Win a Surprise

Make a grid of 100 boxes with 10 letters going across and 10 numbers going down. Mark 10 colored popsicle sticks with numbers 1 - 10; mark 10 popsicle sticks of another color with letters A - J.

Reward kids with the chance to put their name in a square. When the grid is full, pick one numbered popsicle stick and one lettered popsicle stick and the student in that square gets to pick a reward out of a sack. Collect interesting gifts and rewards for the sack and replenish as necessary.

Mystery Book

Select a well-loved book (or game, or movie clip) with a longer vs. shorter title. As students win rewards, put up one letter in the title until the title is complete. (Or, cover the title and with each reward, remove one square covering a letter until the title is revealed.)

Resources:

["The 20 Best Snacks for Kids"](#) by *Parents on-line*

["Super Healthy Kids"](#) with sign-ups for email and blog; recipes for apple pie popcorn and apple chips

[Orange Board of Education 'Healthy Lifestyles' Pinterest Board](#)

["Healthy Celebrations"](#) by the Connecticut State Department of Education

["Promoting a Healthy School Environment"](#) by the Connecticut State Department of Education

["Healthy Alternatives to School Celebrations"](#) by Blue Cross Blue Shield

["32 Healthy Kids Snacks"](#) by *Parenting*

["My Frugal Adventures"](#)

["25 Healthy Snacks for Kids"](#) by Eat Right Academy of Nutrition and Dietetics

