

The Governing Board understands that poor nutrition affects children's health and their ability to learn. The Board also recognizes that obesity is currently the fastest growing health threat in the United States. The availability of non-nutritious foods undermines nutrition education efforts, encourages over consumption of foods high in fat and added sugar, and has the potential for development of eating disorders, food-borne illnesses, and food-based allergic reactions.

While snacks may have a place in a student's day to bridge periods between major meals, some students may develop unhealthy habits, ingest unhealthy foods, and may not be prepared to take advantage of a full meal during lunch.

In order to promote student health and the ability to learn, parents and families should be encouraged to send foods that are to be consumed as snacks during recess and/or in the classroom that are:

- Fresh fruit or vegetables
- Water or fruit juice that has no added sweeteners
- Vegetable juice
- Dried fruits and nuts
- Low or nonfat milk
- Low or nonfat yogurt
- Low fat cheeses
- Graham crackers, pretzels, granola
- Fruit or health bars with less than three grams of total fat
- Low-sodium foods

Or that meet these guidelines:

- Have no more than 35 percent of its calories from fat
- Have no more than 10 percent of its calories from saturated fat
- Be no more than 35 percent sugar by weight

Adopted: 3/8/05