



SAHUARITA UNIFIED SCHOOL DISTRICT #30

Sahuarita High School
Sahuarita Middle School
Sahuarita Primary School
Anza Trail School

Walden Grove High School
Sahuarita Intermediate School
Sopori Elementary School
Copper View Elementary School

Early Childhood Center

Healthy Guidelines for School Snacks and Classroom Celebrations

SUSD is committed to promoting healthy habits for all students during the normal school day. To accomplish this, we have Wellness Policy Guidelines and Procedures to address student health related education, activities, and classroom nutrition. Our complete Wellness Policy can be found on the SUSD Health and Immunizations webpage along with a copy of the Arizona Nutrition Standards and a Nutrition Calculator.

Offering foods during the school day that do NOT meet USDA and Arizona Nutrition Standards interferes with students eating healthy snacks/lunches and often affect classroom learning and behavior. Likewise, studies show that students who receive healthy nutrition are more able to stay healthy, have improved school attendance, and are better able to learn.

To support students having healthy nutrition in the classroom setting, we have adopted following classroom nutrition procedures for our students in the classroom setting:

All foods OFFERED to students during normal school hours must be store bought and prepackaged with complete nutritional labels. Exception: In effort to promote students eating more fruits and vegetables, fresh fruits and vegetables are permitted.

Classroom Parties or other Celebration/Rewards

- Holiday and birthday celebrations that include food should be limited to 1 time per month.
- All classroom parties or other celebration/rewards which include less healthy food options shall take place at the end of the school day, to the greatest extent possible.
- When planning classroom parties or other celebrations/rewards, consideration must be given to students who have special medical needs diets (i.e. diabetes, celiac disease, etc) and/or food allergies. All parties/celebrations/rewards must be “all inclusive” and alternate foods shall be made available for these students. This may be accomplished by notifying the parents in advance so that they may provide alternate foods for their child. Also notifying classroom parents of classroom dietary needs will enable classroom parents to consider these needs when they are purchasing food for the classroom. Student privacy must be observed.
- It is strongly recommended that classrooms come up with alternate ways of celebrating the child’s birthday that are not focused on food.
- Holiday and other classroom celebrations should be focused on *activities* rather than food.
- **Candy is not to be OFFERED to students during the normal school day.** Administrators may elect to allow small amounts of candy at their discretion for a limited number of special occasions.

Personal Lunches/Snacks:

- Students are strongly encouraged to bring healthy lunches and personal snacks to school, however it is up to the parents to determine what goes into the student’s lunchbox or personal snack. Please note: Parents are strongly encouraged to avoid sending candy and carbonated and/or caffeinated beverages to school. ENERGY DRINKS such as Red Bull, Monster, Nos, Rock Star, etc are PROHIBITED.



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Classroom (shared) Snacks

- All classroom SNACKS shall consist of “HEALTHY” foods. Suggestions for healthy foods may be found below:

HEALTHY FOODS

<p><u>HEALTHY BEVERAGES</u> Water Water: Vitamin Enhanced or Flavored with Juice 100% Fruit juice Milk – low-fat or fat-free Smoothies made with 100% Fruit and Ice or Soymilk/skim milk Fortified Soymilk and Rice drinks</p> <p><u>FRUITS AND VEGETABLES</u> Fresh, Canned, Dried, Frozen, or Fruit Smoothies</p> <p><u>HEALTHY GRAINS</u> Whole Wheat English Muffins, Pita, or Tortillas Breakfast/Whole Grain Cereal Whole-grain Crackers Rice Cakes made from brown (whole grain) rice Low-fat Popcorn Baked Tortilla Chips Granola and Whole Grain Cereal Bars Pretzels, Breadsticks, and Flatbreads</p> <p><u>LOW-FAT DAIRY FOODS</u> Low-fat or Fat Free Yogurt Low-Fat Cheese (7 grams or less of fat per ounce) Low-Fat Pudding and Frozen Yogurt</p>	<p><u>OTHER HEALTHY SNACK IDEAS</u> Nuts/Trail Mix</p> <ul style="list-style-type: none">Since nuts are high in calories, it is best to serve them along with another snack such as fruit. A small handful of nuts are a reasonable serving size. Examples include *peanuts*, pistachios, almonds, walnuts, cashews, or soy nuts. Look for nuts that are unsalted.*WARNING: A small but growing number of kids have severe peanut and/or tree nut allergies. Before bringing in peanuts, peanut butter, or other nuts as a snack, check to make sure none of the children have an allergy* <p>Luncheon Meat</p> <ul style="list-style-type: none">Choose lower-fat, reduced sodium brands of turkey, ham, and roast beef <p>Baked Chips</p> <ul style="list-style-type: none">Better suited for celebrations rather than snacks
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FOODS NOT PERMITTED FOR CLASSROOM (SHARED) SNACKS:

Candy, Sugary Beverages, “Fruit” snacks (made mostly from sugar), Fruit Rollups/Chewy fruit snacks, Gum, Marshmallows, Corn chips, Fruit punch or fruit flavored drinks, Soda pop, Ice Cream, Donuts, Cookies, Brownies, Potato Chips, Cakes/Cupcakes, These foods have very little nutritional value. They also can harm children’s teeth.



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HEALTHY NON-FOOD REWARDS AND ACTIVITIES FOR HEALTHY CLASSROOMS

<p>SOCIAL REWARDS</p> <ul style="list-style-type: none"> o Attention, Praise, and Thanks are highly valued by children <p>RECOGNITION</p> <ul style="list-style-type: none"> o Trophy, Plaque, Ribbon, or Certificate in Recognition of Achievement or a Sticker with an affirming message o Recognizing achievement on the school –wide announcements o A Photo Recognition Board in a prominent location o A Phone Call, E-Mail, or Note sent home to parents/guardians commending a child’s accomplishment o A Note from the teacher to the student commending his or her achievement <p>PRIVELEGES</p> <ul style="list-style-type: none"> o Going first o Choosing a class activity o Helping the teacher o Having a few extra minutes of recess with a friend o Sitting by friends or in a special seat next to or at the teacher’s desk o “No Homework” pass, reduced homework, or extra credit o Teaching the class o Playing an educational computer or other game o Reading to a younger class o Making deliveries to the office o Reading the school-wide morning announcements o Helping in another classroom o Computer time o Lunch with the teacher or principal <p>TOKEN OR POINT SYSTEM</p> <ul style="list-style-type: none"> o Children earn points toward non-food prizes <p>SCHOOL SUPPLIES</p> <ul style="list-style-type: none"> o Pencils: colored, with logos, or other decorations; Pencil sharpeners, erasers, grips, or boxes o Pens, Markers, , Crayons, Highlighters o Notepads/notebooks o Stencils, Stamps o Bookmarks o Coloring books o Rulers <p>TOYS/TRINKETS</p> <ul style="list-style-type: none"> o Stickers o Yo-yos, Rubber Balls o Finger puppets, Stuffed Animals o Plastic or rubber figurines o Toy cars, trucks, helicopters, or airplanes o Plastic sliding puzzles or other puzzle games 	<p>TOYS/TRINKETS Continued</p> <ul style="list-style-type: none"> o Slinkies o Gliders o Spinning tops o Marbles o Jacks o Playing cards o Stretchy animals o Silly putty o Bubbles o Capsules that become sponges/figures when placed in water o Small dolls or action figures <p>MISCELLANEOUS</p> <ul style="list-style-type: none"> o Temporary tattoos o Bracelets, Rings, Necklaces o Sunglasses, Eyeglasses with nose disguise o Shoe laces o Key chains o Cups o Magnets o Crazy Straws o Gift certificate for a book store or movie o Step counter (pedometer) o Sports equipment <p>REWARDS FOR A CLASS</p> <ul style="list-style-type: none"> o Extra recess o Eating lunch outdoors o Going to the lunchroom first o Reading outdoors o Holding class outdoors o Doing an extra art project o Extra reading time o Listening to music while working o Dancing to music o Playing a game or doing a puzzle together o “Free choice” time at the end of the day o A song, dance, or performance by the teacher or students o A book read aloud to the class o Movie time o Zumba o A field trip o Items for classroom use: Frisbees, NERF balls, Hula hoop, Jump rope, books, games, puzzles
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