

# HEALTH AND WELLNESS POLICY

The federal Health and Wellness Policy ([www.cde.ca.gov/ls/nu](http://www.cde.ca.gov/ls/nu)) became effective in July 2007. This policy is in direct result of the recent increases in childhood obesity and diabetes.

Birthdays and holidays are coming. Please do not send candy. Please make sure you speak to the teacher about food items and ask about allergies. If a snack does not meet the guidelines, your child will be unable to share it. The last thing we want for our students, your precious children, is disappointment. Please talk to teachers and parents for ideas. You might consider sending non food items, like pencils, pens, stickers, etc. Children eat what is put in front of them. If healthy food is presented, they will eat!

**Non-food items are GREAT!    stickers, pencils, erasers, etc.**

*Some examples of healthy snacks include:*

Fresh fruit	Yogurt
Frozen Gogurt	Vegetable sticks
String cheese	Pretzels
Graham crackers	Fruit juice bars (100% juice)
Muffins (not chocolate)	Air-popped popcorn- no butter
Baked ships and salsa	Fruit smoothies
Peanut butter and crackers	Cheese and crackers
Pumpkin or sunflower seeds	Peanut butter/celery, cream cheese/celery
Raisins and peanuts	bagels
Graham crackers	dried fruits
Fig cookies	

*The following snacks are not allowed:*

- Donuts
- Cupcakes
- Cake
- Candy
- Ice-cream
- Cookies
- Fruit roll ups or fruit shapes (must be 100% fruit)
- Soda
- Popsicles
- Ice cream bars