

Brownsburg Community Elementary Schools Childhood Wellness and Guidelines for Classroom Snacks

The elementary schools are committed to providing a school environment that enhances learning and developing lifelong wellness practices. It is important that children who are developing lifelong eating habits receive consistent nutrition messages throughout the school. These guidelines will apply to all food distributed to students during the school day by school personnel.

1. Every food item and beverage must have manufacturer's label that lists ingredients and nutritional value. No home baked or homemade food products will be distributed to students.
2. All food items and beverages will meet the Healthy Food Guidelines for Elementary Schools. (See below.)
3. Food items and beverages provided for the three elementary school classroom parties must meet the Healthy Food Guidelines for Elementary Schools. (See below.)
4. Foods of Minimum Nutritional Value (see below) will not be used to reward elementary school students during the school day. (Exception will be made for special needs students whose Individualized Education Program plans indicate the use of these treats.)
5. Birthday snacks will not be permitted in elementary school classrooms. (See 2006-07 Elementary School Student Handbook, **BIRTHDAY RECOGNITION**)

HEALTHY FOOD GUIDELINES FOR ELEMENTARY SCHOOLS

A food item that meets the following nutrition standards is considered healthy:

sugar is not the first ingredient **and** it provides at least 5% of the recommended daily intake value for one of the following nutrients: vitamin A, vitamin C, calcium, iron, protein, fiber, niacin, riboflavin, or thiamin

Healthy beverages include water, milk, and juice (with no added sweeteners)

Examples of healthy snack foods:

fruits (fresh, frozen, dried, or canned), **vegetables** (fresh, frozen, or canned), **granola/cereal bars**, **cereal**, **crackers**, **baked chips** (potato or corn), **pretzels**, **popcorn**, **trail mix**, **Chex Mix**, **Fig Newtons**, **animal crackers**, **graham crackers**, **pudding**, **yogurt**, **Jell-O**, **sherbet**, **cheese**, **peanut butter**, **frozen fruit slushies**, **frozen fruit bars**, **whole grain cookies**, **rice krispie treats** (or made with other cereal)

*Foods of Minimum Nutritional Value (FMNV) will **not** be distributed to students in elementary schools during the school day by school personnel. Foods of Minimum Nutritional Value are:*

carbonated beverages

water ices - (popsicles) that do not contain fruit or fruit juices

chewing gum

hard candy - (a product made predominantly from sugar and corn syrup which may be flavored and colored, is characterized by a hard, brittle texture and includes such items as sour balls, fruit balls, candy sticks, lollipops, starlight mints, after dinner mints, sugar wafers, rock candy, cinnamon candies breath mints, and jaw breakers.)

jellies and gums - (a mixture of carbohydrates which are combined to form a stable gelatinous system of jell-like character, and are generally flavored and colored, and include gum drops, jelly beans, jellied and candied fruit slices)

marshmallow candies - (an aerated confection composed as sugar, corn syrup, invert sugar, 20% water and gelatin or egg white to which flavors and colors may be added) **RICE KRISPIE TREATS ARE ACCEPTABLE.**

fondant - (a product consisting of microscopic-sized sugar crystals which are separated by thin film of sugar and/or invert sugar in solution, such as candy corn and soft mints)

licorice - (a product made predominantly from sugar and corn syrup which is flavored with an extract made from the licorice root)

spun candy - (a product that is made from sugar that has been boiled at high temperature and spun at a high speed in a special machine)

candy coated popcorn - (popcorn which is coated with a mixture made predominantly from sugar and corn syrup)