

# CPU Elementary Snack Policy

A list of healthy snack food suggestions is listed below. For the safety of all students, please send only individually packaged products or unopened bulk pack items that can be shared with the class. This allows the food label to be read to determine if it is safe to eat for those children that have food allergies. Please remember to use every safety measure possible when preparing food for snacks such as frequent hand washing and proper temperature storage. Thank you for your attention to the health and wellness of our students.

## Grain Foods

Animal crackers	Melba toast
Bagels	Muffins(regular size)
Bread sticks	Oyster/soda crackers
Cereal	Pita bread
Granola or cereal bars	Popcorn
Cheese crackers	Pretzels
English muffins	Rice cakes
French bread	Rye Wafers
Graham crackers	Sunflower seeds
Ritz bits	Tortillas

## Dairy/Protein

Cheese cubes/slices	Hard boiled eggs
Cottage cheese	Ice cream
Yogurt (frozen or regular)	Pudding cups
Ham, Turkey or Beef Deli meat	String cheese

## Fruits/Vegetables

Apples/applesauce	Orange, peach or pineapple slices
Bananas	Plums
Canned fruit cups	Raisins
Dried fruit	Seedless grapes
Fruit juice/frozen fruit bars(100% Juice)	Strawberries
Fruit snacks/Roll-ups	Grapefruit slices
Tangerines	Mandarin oranges
Melon balls	Broccoli or cauliflower
	Carrot or celery sticks
Cucumber slices	Pickles

It is important to note that, holiday celebrations, birthday parties and classroom treats need not always involve food. There are also a wide variety of non-food items that are safe for all children, especially those with life threatening food allergies, to receive for parties. Some examples include: pencils, pens, erasers, crayons, stencils, chalk, pencil grips, stickers, nerf balls, finger puppets, puzzle games, slinkies, silly putty, key chains, crazy straws, magnets, barettes, bracelets, necklaces, shoe laces, toy cars or trucks, etc.

Dear CPU Parents,

A new snack policy has been adopted this year according to federal guidelines that all schools must develop and implement a local wellness policy by the beginning of the 2006-2007 school year. The goal of this program is to improve children's lifelong eating habits by 1) eating more fruits, vegetables and whole grains, 2) choosing calcium rich foods, 3) eating lower fat foods more often, and 4) being more physically active.

Childhood obesity has reached epidemic proportions. The percentage of US children who are overweight has more than doubled in the past two decades and the percentage among adolescents has tripled. The most immediate consequence of obesity is that children feel socially discriminated. This results in poor self-esteem and depression.

Did you know that teenagers drink twice as much soda as milk? Did you know that in a typical day, 33% of kids watch more than 3 hours of TV? Did you know that TV watching is directly associated with obesity?

Research also clearly shows a link between nutrition, fitness, good health and the ability to learn. CPU is committed to improving healthy eating choices in our children.

I hope this letter helps to inform you on the reason behind the change in snack policy and also lets you know that both physical activity and school lunches are being addressed in the new wellness policy. Watch for more positive changes to come.

Susan Wear  
CPU Elementary Nurse

On the back of this page, the new snack guidelines are printed again. Thank you for your help in establishing this new policy!