

Confidence Elementary Snack Policy

Children that are physically active and growing need to refuel throughout the day. Snack foods have long been synonymous with high caloric junk foods. But smart, healthy snacks can make your child's diet more complete, adding much needed vitamins, minerals, fiber, and other nutrients that may be missing or in short supply otherwise. When healthy snacks are offered to children at school, they learn that these foods are satisfying and good to eat.

You can promote healthy eating at school by providing a healthy snack for your child each day. Providing healthy snacks for children helps them grow and develop and supports life-long good eating habits. Snacks eaten during the school day at Confidence must meet nutrition standards. These nutritious snacks will enhance your child's diet and give them an opportunity to learn that food eaten between meals is just as important as the food eaten at meals. Serving nutritious snacks can help prevent disabling diseases such as diabetes, heart disease, high blood pressure, and obesity. Just as important as sending healthy snacks is sending the right portion. Make sure a snack is a snack. It should be small and satisfying.

Suggestions for your child's daily snack include fresh fruits and vegetables, whole grains, low-fat and/or fat-free dairy foods and lean meats. These foods are packed with nutrients. Typical snack foods, such as chips, cookies, soft drinks, and candy are often loaded with refined grains, fat, salt and sugars that contribute little to your child's nutrient needs and add empty calories. It's okay for kids to eat these snacks once in a while, but not every day, and not at Confidence. Unhealthy snacks will not be permitted at school. Please help us guide our children in accepting these good and healthy options.

In the interest of promoting the overall health of our students, please shop for nutrient-rich snacks like the ones listed below.

Fruit such as an apple, orange, banana or grapes

Raw vegetables (such as baby carrots) with reduced-fat ranch dressing or yogurt dip

Celery with low-fat cream cheese

Sunflower seeds

Whole wheat bread or English muffin with cheese

Low-fat string cheese

Low-fat, low-salt popcorn

High fiber cereals

Soy nuts

Peanut butter and celery

Yogurt with granola or fruit; Gogurt

Cottage cheese

Cheese and high fiber crackers

Fruit Salad

Raisins

Pretzels

Sugar-free Jell-O

Granola bars

Applesauce