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2007-08 Board of Education**

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Connie Bertone, Denise Billings, and Nancy Nowak
for their contributions to this guide for healthy snacks.**

September 2007

Wellness Policy Update: Healthy Snacks

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Goshen Central School District
Snacks, Classroom Parties, School Celebrations,
Food-related Fundraising, and School-sponsored Events
Wellness Policy Update: Healthy Snacks

To promote healthy eating and increased physical activity among students and staff members, every public school district nationwide is implementing a locally-developed Wellness Policy.

The Wellness Policy of the Goshen School District contains comprehensive recommendations for nutrition education, physical activity, school lunches, and much more. (The full text of the Wellness Policy for the Goshen School District can be viewed at www.GoshenSchoolsNY.org.)

In order to provide a consistent message to students about good nutrition, the Goshen School District is asking teachers, parents and community members to become familiar with the following Wellness Policy guidelines for snacks, classroom parties, school celebrations, food-related fundraising and other school-sponsored events.

- Snacks: Snacks offered during the school day or in after-school programs and treats used as classroom rewards should make a positive contribution to children's diets and health, with an emphasis on fresh fruits and vegetables, water, low-fat milk, and other foods/beverages that are low in fat, sugar, salt, and caffeine (see attached list).

- Fundraising: School fundraising activities should not involve food, or should use only foods that meet the District's nutrition and portion size standards for foods and beverages sold individually (see attached list). The District will encourage fundraising activities that promote physical activity.

- School-sponsored Events: Foods and beverages offered or sold at school-sponsored events outside the school day should meet the District's nutrition standards for foods and beverages sold individually (see attached list).

- Classroom Parties/School Celebrations: Schools should limit classroom parties/school celebrations that involve food during the school day. Each party/celebration should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (see attached list).

Goshen Central School District
Snacks, Classroom Parties, School Celebrations,
Food-related Fundraising, and School-sponsored Events
Wellness Policy Update: Healthy Snacks

The Wellness Policy Committee of the Goshen School District has developed the following suggestions for snacks served/offered in school or at school-sponsored events.

Snacks in single-size servings or in single-serving packages that contain:

- 7 grams or less of fat
- 2 grams or less of saturated fat
- 15 grams or less of sugar
- 360 milligrams or less of salt

Beverages

- Low-fat milk or low-fat flavored milk
- Juice with 25% or more fruit juice
- Water or flavored water without added sugar, artificial sweeteners or caffeine
- Beverages with 10 milligrams or less of caffeine per serving

The following is a list of suggested healthy snacks for classroom parties, school celebrations, food-related fundraising, and school-sponsored events.

Healthy Snacks

- Baked chips
- Dried fruit mix
- Fresh fruit
- Fruit wedges in its own juice
- Granola bars – low fat
- *Peanuts, mixed nuts*
- Popcorn – low fat
- Pretzels
- Raisins
- Veggie sticks with low-fat dip

Healthy Hot Foods

- Low-fat hot dogs with whole wheat buns
- Pizza with part skim milk cheese
- Soft pretzels

Healthy Beverages

- Water
- Water – vitamin enhanced
- Water – flavored with fruit juice
- 100% fruit juice
- Sparkling fruit juice
- Milk – low-fat or fat-free

Healthy Cold Foods

- Fruits and veggies
- Frozen juice bars
- Frozen low-fat yogurt bars
- String cheese – reduced fat
- Yogurt
- Yogurt – drinkable bottles or tubes

(*Allergies to peanuts/nuts are a growing problem. Please confer with your child's teacher before providing classroom snacks that contain peanut products.)

There are many additional ideas and suggestions for healthy celebrations, healthy fundraising, and alternatives to food as reward in the pages that follow, from the Bureau of Health and Nutrition Services of the Connecticut Department of Education.

If you have questions about purchasing healthy snacks for school functions, please contact Denise Billings, Director of Food Services for the Goshen School District, by e-mail dbillings@gcsny.org or phone (845-294- 2545).