

# Laneview School

## Healthy Snack Kickoff

### Snacks vs. Treats

In an effort to stay in accordance with our Board Policy on Nutrition and Health, during the week of September 26<sup>th</sup> our classes will participate in activities to learn about the difference between a snack and a treat. Classes will be sorting, graphing, and counting what kids bring for snack recess. The goal is to have all students bring a healthy snack by the end of the week. By teaching the difference between a snack and a treat we hope to build a habit of bringing only healthy snacks to school.

#### What is a Snack?

Snacks are everyday tide-your-kids-over-to-the-next meal items. Snacks need to be part of every child's balanced diet. They need a snack so they can concentrate on class work and have some energy to play outside. Snacks can be your child's building blocks for a nutritious diet and a healthy body.

#### What does a Snack look like?

- fresh fruit, such as apples, bananas, grapes, oranges, strawberries, watermelon, etc...
- dried fruits, including raisins and prunes
- raw vegetables, including carrots, celery, or broccoli, that can be served with a low-fat dip or dressing
- dairy products, such as low-fat cheese, yogurt, and pudding
- fruit leather (100% dried fruit and juices)
- whole grain snacks, which can include some crackers, cereal bars, baked chips, and popcorn (without added butter), or pretzels
- water, low-fat or fat-free milk, and 100% fruit juice

#### What is a Treat?

Treats are for special times (special occasions, special rewards). Treats are special precisely because they are so rare. When you give your kids treats (usually high sugar foods) at snack-time, all you are giving them is empty calories, or high energy foods with poor nutritional value.

#### What does a Treat look like?

- cookies
- chips/Cheetos
- candy
- doughnuts
- fruit snacks and fruit rollups (made of high fructose corn syrup and food coloring)
- fruit drinks and soda
- dry noodles

#### What can you do at home?

Be cautious of the health claims on food packages. Check the food labels to ensure the snacks are nutrient-rich. Avoid items with the words hydrogenated oils and/or high fructose corn syrup. You may want to keep a list of healthy snacks on your refrigerator door. Then designate areas in your fridge, cabinet and on your counter where snacks will be kept.

