

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 26th 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.

