

Encouraging Healthy Foods from Home

Standards for a Healthy School Community

It is important for your school to encourage healthy eating habits among the entire school community. Schools can do this by making sure that foods provided at school and offered to students, faculty and staff are nutritious. Schools should also help parents pack healthy foods to send to school with their children. High-calorie drinks and candy, and fried snacks that are brought to school contradict the school's efforts to promote wellness and healthy food choices.

Schools are responsible for addressing the types of foods brought from home. By making healthy eating a priority at school, it is important that the foods available for students, faculty, and staff are consistent with the goals of the Wellness Policy. In order to

effectively handle the issue of foods brought from home, schools should consider developing standards to be applied to all foods brought in to school. A standard, such as "No soda is permitted in the school building at any time before, during, or after school," would be predetermined and enforced at all times during school as well as during any school-sponsored events or activities.

Standards that are determined should be used to limit the types of foods brought from home for snacks, lunches, celebrations, faculty meetings, events, and after-school activities. The standards should be available for distribution to parents/guardians and could even be incorporated into the student handbook.

It is important for the goal of the standards to focus on creating a healthy school environment. Be careful when discussing the idea of banning specific foods at school. Try to encourage a healthier school environment instead. Banning specific types of foods has caused problems in other school districts and is not the most effective way to improve the types of foods sent from home. Standards should be created to steer the school community in a healthy direction by actively promoting healthier foods for the students, faculty, and staff. By establishing criteria and enforcing the regulations, foods from home will be healthy choices!



Foods brought from home should consist of healthy options and incorporate a variety of food groups.

Creating School Standards: *Steps to Encourage Healthy Foods from Home*

When deciding to create your school's standards for foods brought from home, the following steps should be part of the plan:

1. Discuss the creation of standards with faculty and staff members for feedback and support
2. Make the standards clear and detailed, with a common goal of creating a healthier school environment
3. Address all foods and beverages available for snacks, lunches, meetings, after-school events, and extracurricular activities and provided to students, faculty, and staff
4. Present the standards to parents/guardians after they have been reviewed by school faculty and staff
5. Reinforce that the purpose and goal of the standards is to create a healthier school environment

Nutritional Development Services

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Healthy Snacks

Make healthy snacks a regular part of the day!

Kids need snacks for energy to stay active during the day! Healthy snacks are a great way to make sure they get important vitamins and nutrients too!

Snack Tips and Ideas:



- Serve foods from different food groups
- Make sure snack time is not too close to meal time
- Keep healthy snacks available and ready to eat
- Offer kids choices so they can pick healthy snacks that they enjoy
- Pay attention to portion sizes so kids do not eat too much
- Provide low-fat milk or 100% juice instead of sugary drinks



- *Whole fruit and raw vegetables are great choices (Add dip to give it some extra flavor!)*
- *Celery spread with peanut butter*
- *Low-fat yogurt or cottage cheese*
- *Whole grain crackers with cheese slices*
- *Whole wheat pita slices with hummus dip*
- *Trail mix with nuts and dried fruit*
- *Whole grain cereal with low-fat milk*
- *Light popcorn or pretzels*
- *Low-fat granola bars or cereal*

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Healthy Foods From Home

Healthy Snacking For Kids



Smart Snack Ideas

- Raw vegetables with low-fat dip and milk
- String cheese and fruit
- Low-fat yogurt and fresh fruit
- Whole grain crackers with cheese
- Apple slices and celery sticks with peanut butter
- Air-popped popcorn with 100% juice
- Baked chips with salsa
- Milk or yogurt smoothies with fruit
- Pretzels or whole wheat pita slices with hummus
- Trail mix or granola with milk
- Snack-size applesauce or fruit cups with granola
- Graham crackers and milk
- Flavored rice cakes spread with peanut butter
- Low-fat granola bars with fresh fruit
- Whole grain cereal and milk
- Low-fat pudding cup with 100% juice
- Hard-boiled egg with 100% juice
- Dried fruit and milk
- Low-fat frozen yogurt with fresh fruit

Snacks are a great way to get all of the nutrients you need for the day. It's important to choose snacks that are healthy and give you energy to keep you alert. Smart snacking between meals is a great way to make sure you are getting the vitamins and minerals that your body needs!

Snack Recipe: **After School Snack Mix**

- 1 cup whole grain cereal (squares or Os work best)
- ¼ cup dried fruit of your choice
- ¼ cup nuts, such as walnut pieces, slivered almonds, or pistachios
- ¼ cup small, whole-grain snack crackers or pretzels

Measure the ingredients and combine them in a large bowl.

This recipe makes four 1/2 cup servings.

Snacks should be part of a healthy diet! It is important to include foods from a variety of food groups to make sure you are getting all of the nutrients you need!



For more information about the nutrients you need, go to: <http://www.mypyramid.gov/kids/index.html>

Smart Snacking Tips

When it comes to snacking, what you eat is not the only thing to pay attention to. It is also important to think about when you are eating and how much you are eating.

It is a good idea to make sure snack time is not too close to meal time. Otherwise, your body does not have a chance to use the energy from snacking before you take in even more energy from your meal. When you eat more energy

than you need all the time, you gain weight.

How much you eat is important too. Snack time is not the same as meal time. The amount of food eaten between meals should be less than what you would eat at lunch or dinner. When choosing a snack, pay attention to what a serving size is listed on the Nutrition label. This information is very useful when planning a healthy snack!

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Healthy Foods From Home

Healthy Snacking For Parents



Smart Snack Tips

There are several things you can do to make sure your child is using snack time to meet their daily nutrient needs! Here are some tips to make snack time a healthy time:

- **Plan ahead!** Buy healthy snacks at the grocery store so that they are available when your child is hungry between meals.
- **Be prepared!** Slice fresh fruits and vegetables ahead of time and store them in the refrigerator so healthy snacks are always ready.
- **Be aware!** Make sure that your child is not eating a snack too close to meal time.

It is important to consider your child's needs when deciding which snack to provide. By combining foods from a variety of food groups, you can make sure your child is getting enough of the vitamins and minerals that they need.

Remember to let your kids have a say in snack time! Letting kids make nutritious food choices helps them to develop healthy eating habits at a young age. They can also help you prepare snacks by peeling fruit or spreading peanut butter on whole grain crackers.

Snack time is a great chance to encourage your child to make healthy food choices!

Snack time is a great way to provide your kids with healthy foods. Incorporating a variety of different foods helps make sure your kids are getting all of the vitamins and minerals they need. Making smart snack choices is an important part of your child's overall healthy and nutrition.

Carrot Raisin Mini Muffins

- 2 eggs
- 1/2 cup plus 2 tablespoons vegetable oil
- 1/2 cup sugar
- 1 1/2 cups coarsely grated carrots
- 1/2 cup raisins
- 1 1/2 cups all purpose flour
- 2 1/4 teaspoons baking powder
- 1/4 teaspoon salt
- 1 1/2 teaspoons cinnamon
- 1/2 teaspoon ground nutmeg

1. Preheat oven to 400°F. Line the muffin tins with paper cups or spray them with non-stick spray.
2. Whisk the eggs, oil and sugar together in a large mixing bowl. Stir in the carrots and raisins.
3. Stir together the remaining ingredients in another bowl. Add the flour mixture to the carrot mixture and stir to combine. (This is a stiff batter.) Spoon the mixture into muffin cups. Bake about 15 to 20 minutes until tester (use a toothpick) comes out clean. Makes 30 mini muffins.

Per Serving: Calories 92, Carbohydrate 11 g, Fat 5 g, Fiber 0 g, Protein 1 g, Saturated Fat 0 g, Sodium 62 mg

Great Snack Foods for Home

It can be hard to prepare healthy snacks when you're in a hurry and rushing around all day. It can also be hard to provide your child with healthy snacks that stay fresh if they stay after school for sports or clubs.

Thankfully, there are some great snacks available at your local grocery store to help you out!

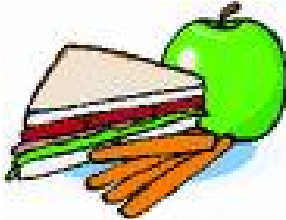
Here are a few ideas:

- Low-fat granola bars
- Low-fat string cheese
- Low-fat yogurt or pudding cups
- Single serving packs of peanut butter crackers
- Single servings of whole grain cereal
- Light microwave popcorn bags
- Pre-packaged fruit cups
- Snack pack of baked chips of whole grain pretzels
- Apples with single servings of peanut butter
- Low-fat cottage cheese
- 100% fruit juice or milk



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Packing Your Child a Healthy Lunch



Providing your child with a nutritious lunch helps to make sure they eat a healthy, well-balanced meal at school! It is important for kids to eat a variety of foods that provide them with the energy and nutrients they need for the rest of the day!

It is important to give kids a variety of foods that they enjoy! Foods packed for lunch should be ready to eat. Pre-washing fruits and vegetables and preparing snacks ahead of time gives kids more time to eat during the lunch period. Also, using containers will help to keep foods fresh and to reduce waste. Lunch can be made extra special by adding a surprise note or sticker!

Lunches from home should be fun and healthy for your child!

Making Healthy Choices...

- Pack low-fat deli meats, like turkey, instead of higher-fat meats like bologna
- Choose condiments that are low in fat and calories, like mustard, instead of high-fat options, like mayonnaise
- Pack baked chips, whole grain crackers, pretzels, or air-popped popcorn rather than fried or sugary snacks
- Choose raw fruits and vegetables or canned fruit in natural juices rather than fruit with added sugars or packed in syrup
- Prepare sandwiches or wraps with whole grain bread or tortillas instead of varieties made with white flour
- Choose low-fat yogurt, trail mix, or low-fat fruit muffins instead of high-calorie desserts
- Pack milk, 100% juice, or water and avoid soda and other sugary drinks

Need Some More Ideas? Visit:

School Lunch Ideas
http://www.school-lunch-ideas.com/Healthy_Kid_Lunch_Box.html

Kids Health
http://kidshealth.org/parent/nutrition_fit/nutrition/lunch.html

Healthy foods can be much more fun when they are prepared in creative ways!

Here are some creative lunch ideas:

- Fruit, vegetable, or cheese kabobs making healthy snacking fun
- Dips like salsa, ranch, or hummus are great for adding flavor to raw vegetable slices
- Sandwich fillings can be layered between rice cakes, English muffins, pitas, bagels, or wraps for something different
- Cheese can be sliced in fun shapes and paired with whole grain crackers
- Sandwiches can be more exciting (and nutritious!) by trying new fillings like sliced apple or cranberry sauce with turkey, or topping peanut butter with banana slices and raisins
- Last night's leftovers can be reused by mixing pasta with salad dressing, adding grilled chicken to a sandwich or salad, or stuffing roasted vegetables into a pita
- Pack healthier homemade treats like oatmeal and fruit cookies or trail mix with nuts and dried fruit
- Find new varieties of fruits and vegetables for your child to try and add them to salads and sandwiches for lunch
- Try almond or cashew butter instead of peanut butter for some variety and use a variety of fruit jams and jellies