

WYANDANCH SCHOOLS CHILD NUTRITION DEPARTMENT
54 South 32nd Street

HEALTHY SNACKS FOR SCHOOL & CLASSROOM PARTIES 2009-2010

A Guide to Healthy Snacking!

Due to food allergies and sanitation issues, it is recommended that parents, teachers and students do not bring food into school for other students.

Visit the following websites for more information:

WWW.ACTIONFORHEALTHYKIDS.ORG

WWW.FNS.USDA.GOV

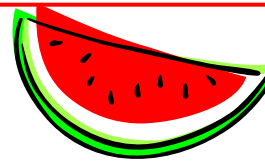
WWW.CSPINET.ORG

FOR ADDITIONAL QUESTIONS, COMMENTS AND CONCERNS, PLEASE CONTACT:

MS. PAMELA USHER

INTERIM FOOD SERVICE COORDINATOR

(631) 870-0520



SNACK IDEAS

FRUIT SALAD

VEGGIE STICKS-
CELERY, CARROTS,
ZUCCHINI WITH LOW-
FAT DIP

BANANAS

MELON/ORGANGE
SLICES

APPLESAUCE

TRAIL MIX

PARTY IDEAS

Celebrations with special privileges, songs, games, and/or physical activity are encouraged as an alternate to food-based celebrations. Here are some ideas:

- Games/ puzzles
- A sporting activity performed by the teacher or students
- Outdoor celebrations
- Cultural Dance as a part of a celebration of ethnic diversity

HEALTHY SNACKS & CLASSROOM CELEBRATIONS

As a part of Wyandanch School District's Wellness Policy to promote a healthy school environment, the following guidelines are recommended:

⇒ Snacks served during the school day or in after-school care should make a positive contribution to children's diets and health, with an emphasis on serving fruits, vegetables, low-fat milk, 100% juices and water

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⇒ ADOPTED BY THE WUFSD BOARD OF EDUCATION , JULY 2009.