

Procedures Related to BSCSD Wellness Policy

Please remember to follow the BSCSD *Wellness Policy* when bringing in food for shared snacks such as birthdays or holiday celebrations. Non- food items are encouraged!

- All food items should be healthy, store bought and packaged with ingredient labels.
- Be aware of any classmates with food allergies.
- No soda, candy, cookies, cupcakes, or cakes etc.

Some healthy food ideas:

Smart Snacks in Schools Guidelines

<http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>

Drinks: 100% fruit juice, cider, water

Foods: popcorn

fresh fruits or vegetables

cut up vegetables with low-fat dip

cut up fruit with low fat dip or cool whip

cheese and crackers

cheese sticks

dried fruit

tortilla chips with salsa

pretzels

individual cups of jello or pudding

mini-muffins

low fat yogurt

Non food ideas:

stickers

pencils

small toy

book marks

Check with your child's teacher for other ideas!