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

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!