

Snack Suggestions for School and School Parties

- Fruits (fresh, dried, or kabobs)
- Vegetable sticks plain or with dips (hummus or guacamole)
- Sunflower seeds (unsalted)
- Low fat or non fat yogurt
- Hard or string cheese and whole grain crackers
- High protein cereal
- Plain air popped popcorn (no salt/no butter) or pretzels
- Baked tortillas with salsa
- ½ cup frozen yogurt



WARNING

*Please inquire about specific food allergies in your child's classroom. Common allergens are: nuts, soy, wheat, and eggs. Also, remember diabetes and obesity are major health problems. Therefore, high fat and sugary snacks are not appropriate.

Snack Suggestions for Home

TIP: When providing snacks in your home, provide a **variety** of nutrients, control **portion sizes**, read the **Nutrition Facts labels**, and stay within the **Recommended Daily Allowances (RDAs)** and **involve children in the decision making**.

- Fresh vegetables and/or fruits
- Low fat or non- fat smoothies w/yogurt
- Low fat mini pizzas with vegetable toppings
- Hummus with whole grain crackers or soy chips (high in protein)
- Unsalted nuts and seeds
- Nut butter and banana on whole grain
- Wraps with lean low sodium meats and low fat cheese
- High fiber/protein cereals with low/non fat milk



United States Surgeon General, David Satcher, in *Surgeon General's Call To Action To Prevent and Decrease Overweight and Obesity*, stated, "overweight and obesity...have reached epidemic proportions in the United States." Approximately 10 million American children are obese. A healthful body composition can be obtained through healthful eating, exercise, and physical activity. The Department of Health & Human Services recommends that **all children over two years old get 60 minutes of exercise 7 days per week.** *

EXERCISE & PHYSICAL ACTIVITY TIPS Make moving your body a priority!

- 1) Walk to the bus stop and stand to wait for the bus then walk home from the bus stop.
- 2) Play outside with family members (tennis, jog, shoot hoops, or go to a theme park).
- 3) Participate in intramurals at school.
- 4) Join a sports team.
- 5) Dance!
- 6) Plan family vacations around physical activities water sports, hiking, biking, etc.
- 7) Select interactive video games that have child up off the couch.
- 8) When watching television, exercise during commercial breaks (push-ups, jog in place, jumping jacks, etc.)
- 9) Use the stairs instead of an elevator/escalator.
- 10) Use a pedometer daily and accumulate at least 10,000 steps each day.

* **Exercise minutes can be accumulated each day (3 x 20; 4x 15; or 6 x10 minutes)**



Volume 3

Newtown Wellness Policy **Tips for Parents:** Building Wellness with Exercise, Healthful Snacks, & a Better Breakfast

TOTAL WELLNESS Is Supported By:

- ✓ Health & Safety Policies & Environment
- ✓ Health Education
- ✓ Physical Ed. & Other Physical Activities
- ✓ Nutrition Services
- ✓ Health Services
- ✓ Counseling, Psychological & Social Services
- ✓ School Nurses
- ✓ Family & Community Involvement

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SNACKS

Snacks are a very important component of the school day. Growing bodies require **3 major meals (breakfast, lunch, and dinner)** that include **all food and nutrient groups plus 2-3 healthful snacks.**



Nutritional status influences academic performance. A well-nourished child works faster, makes fewer mistakes, **achieves higher test scores**, is more focused and is more creative. The mid-morning snack helps prevent fatigue, irritability, and restlessness in children.

Watch the Glucose (Blood Sugar) spike.

1tsp sugar =4grams

A “**TREAT**” is different than a snack. Try to make “treats” healthful snack foods. Treats are usually high in sugars, low in protein and low in fiber food products that has taste appeal. A high sugar treat (such as a cookie, candy bar, cupcake, donut, or brownie) sends glucose levels soaring. A sudden surge of energy is felt. Then the body quickly produces insulin to push the excess glucose into cells. Chronic high sugar snacking leads to:

- ❑ Sudden drops in glucose levels, hunger, Fatigue, and lack of concentration
- ❑ Over time this leads to chronic
 - High Cholesterol and blood sugar
 - Inflammation
 - Obesity
 - Damage to the GI tract

SNACKS = YES TREATS = Occasionally

Read Nutrition Facts Labels!

FUEL the BRAIN for a full day of LEARNING



Breakfast is the most important meal of the day. Help “break the fast” every morning to balance the brain and the body.



Elements of a Nutritious Breakfast- Get all six essential nutrients and include a food from every food group:

- ✓ **Protein:** eggs, egg whites, lean meats, beans, low and non-fat dairy products.
- ✓ **Complex carbohydrates:** high fiber, whole grain breads and cereals.
- ✓ **Fruits:** whole fruits, 100% fruit juice.
- ✓ **Vegetables:** put in omelets, pasta salads, or cold cereals.
- ✓ **Healthful fats:** nuts, nut butters, olive, canola, and flax seed oils. Avoid butter and margarine.
- ✓ **Milk/dairy:** Non-and low fat selections for calcium, milk, yogurt cheese.

The active brain performs best when fed a consistent flow of six essential nutrients, glucose, and oxygen.

Protein, fiber, and healthful fats slow down the absorption of glucose into the cells, which helps to maintain a steady flow of fuel to the brain.

Remember: Breakfast can be anything nutritious such as soup, sandwich, salad, or leftovers. It does not have to be eggs, waffles, cereal, or pancakes (but it can be!) **BE creative. Eat a VARIETY!**

HYDRATION

Water, water, water!

- Drinking water is one of the easiest ways to enhance academic and physical performance.
- Water is required in metabolism of all dietary intake.
- Consume a minimum of 12 ounces of water before, during, and after exercise.
- Soda, Sports drinks, and fruit juices are not substitutes for water.
- Coffee, tea, hot cocoa, and colas are not substitutions for water. These beverages contain caffeine. Caffeine leads to dehydration.

DEHYDRATION:

- Compromises both digestion and absorption.
- Can lead to mental confusion, joint pain and constipation.
- Can release the stress hormone cortisol.

GUIDELINE FOR DAILY WATER INTAKE

1 ml of water for every calorie of food; therefore, a 2000 calorie diet should include 2 liters of water. This equals 6-8 glasses per day.

