

WHAT DO I NEED TO KNOW?

Please become aware of the procedures NV has in place in the following areas to meet the VCS wellness goals:

- Snacks Eaten at School
- Food as Reward
- Birthday Celebrations
- Smart Snack Calculator
- Eating Lunch with Your Child

SNACKS AT SCHOOL

If your child's teacher allows snacks to be eaten during the school day, snacks must be chosen that qualify as "smart snacks" (see the Healthy Snacks Calculator section of this brochure).

FOOD AS REWARD

Food will not be used as a sole reward or incentive in the school. Classrooms will not have parties with only food rewards for fundraising, attendance, etc.

SCHOOL LUNCH

What can I expect when my child purchases a school lunch?

- Healthy Beverage: water, low-fat or fat-free milk, juice containing *at least* 50% real fruit or vegetable juice
- Healthy Food: less than 10% calories from saturated fats, no trans-fats, no more than 35% calories from total sugars, at least half of grains are whole grains, no more than 200 calories per package, no more than 200 mg sodium

My child brings a sack lunch each day. What do these healthy goals mean to us?

- While the school cannot control what goes into your child's lunchbox from home, please keep the healthy food and beverage information in mind. Soda pop and/or drinks with caffeine should not be brought into school.
- Know that students may not share food in the lunchroom
- "Fast food" meals (e.g. Happy Meal, Subway meal, etc) should not be brought in as a lunch.



Northview Elementary School



Procedures for Wellness & Healthy Eating in Our School

*Learning & Making
Healthy Choices*

BIRTHDAY CELEBRATIONS

Birthdays are fun to celebrate! If your child chooses to bring a treat, we are strongly encouraging students to bring **NON-FOOD** treats to share with their class.

In some cases non-food treats may be required. If your child wishes to bring in a food item, please consult with your child's teacher in advance to determine the best day/time or other restrictions. If you choose to provide food treats, they must be a healthy,



store prepackaged food with an ingredient label. You may use the calculator in the **Healthy Snack Calculator** section of this brochure to determine if it meets the requirements of a healthy snack. If it passes that test, it is approved!

Examples of non-food goodies:

Pencils	Crayons
Books	Magnets
Erasers	Stickers

■ Birthday Book... Your child can be honored with his/her name inside a book donated to your child's classroom or the NV library!

HEALTHY SNACK CALCULATOR

It can sometimes be challenging to determine what qualifies as a healthy or "smart" snack. The Alliance for a Healthier Generation has a useful online food product calculator that helps take the guess work out of nutritional guidelines.

In order to help determine whether your snack donation is a healthy option, we're recommending that parents use the "Smart Snack Calculator". Here are 3 ways to find it.

- Follow the link from the Northview website;
- Navigate to <http://tinyurl.com/mjob9g5>; or
- Scan the QR code at the right with an enabled smart phone or other hand-held device.



Answer the questions and if your snack choice passes the requirements of the Alliance's Smart Snacks Calculator, *it is approved.* It's that easy!



The Alliance for a Healthier Generation, founded by the American Heart Association and the Clinton Foundation, works to reduce the prevalence of childhood obesity and to empower kids to develop lifelong healthy habits.

EATING LUNCH WITH YOUR CHILD

Students enjoy having a loved one eat lunch in the cafeteria with them! NV has the following guidelines for eating lunch with your child:

- Plan to eat a school lunch or a packed lunch from home. (No fast food meals or pop is to be taken into the lunch room.)
- Share food only with your child; not other children.
- Call or send a note to the school office before 9 a.m. if you are purchasing a hot lunch.
- If you purchase a school lunch (\$3.45), please bring exact change if possible. The cost of your lunch may not be taken from your child's lunch account balance.
- Per VCS policy, all visitors must have a limited criminal background check on file with the school.
- As usual, please check in at the school office when you arrive.

