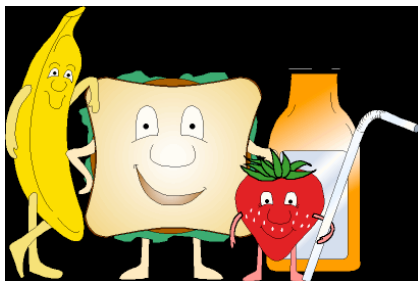


Note...

Food allergies and special dietary needs, including diabetes, are becoming increasingly common in the general population and should be considered when planning food at school.

Schools can help promote a healthy learning environment by using non-food items as fundraising alternatives.



NON-FOOD ITEM IDEAS FOR FUNDRAISING

ITEMS YOU CAN SELL

- | | |
|------------------------------|---------------------|
| Balloon bouquets | Batteries |
| Books, calendars | Buttons, pins |
| Brick/stone/tile memorials | Candles |
| Bumper stickers, decals | Cookbooks |
| Coffee cups, mugs | Crafts |
| Customized stickers | First Aid kits |
| Emergency kits for cars | Foot warmers |
| Flowers, plants, bulbs | Gift baskets |
| Gift certificates | Hats |
| Holiday wreaths | House decorations |
| License plates or holders | Jewelry |
| Magazine subscriptions | Pocket calendars |
| Newspaper space, ads | Pre-paid phone card |
| Rent a special parking space | Scarves |
| School spirit gear | School Frisbees |
| Spirit/seasonal flags | Stationery |
| Stadium pillows or seats | Student directories |
| Temporary/henna tattoos | Valentine flowers |
| Yearbook covers | |

THINGS YOU CAN DO

- | | |
|-------------------------------------------|------------------|
| Bowling night/bowl-a-thon | Car wash |
| Bike-a-thons | Carnivals |
| Family/glamour portraits | Dances |
| Festivals | Fun runs |
| Gift-wrapping service | Golf tournament |
| Jump-rope-a-thons | Magic show |
| Read-a-thons | Talent show |
| Science fairs | Walk-a-thons |
| Skate night/skate-a-thon | Workshop/classes |
| Tennis/horseshoe competition | |
| Treasure hunt/scavenger hunt | |
| Singing telegrams or singing valentines | |
| Auction (teacher does something for kids) | |

SHAWNEE HEIGHTS USD 450

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Shawnee Heights
USD 450

HEALTHY CHOICES

FOR CLASSROOM
SNACKS & PARTIES



Wellness Guidelines

To be in compliance with the new federal and state laws directing the Kansas State Board of Education to “develop nutrition guidelines for all foods and beverages made available to students during the school day”, USD 450 has developed an approved list of snack items to be used in the classroom for parties.

Snacks are important for providing students with nutrients to support their growth and learning and parties are a fun opportunity to celebrate together. With a little imagination both snacks and parties can be fun and still provide healthy, nutrient-rich foods.

When determining what foods would be included on the snack list the following information was used:

- *Foods are to contain no more than 4 grams of fat per 100 calories. The only exception to this is if the item is nuts or seeds.*
- *Foods are to contain no more than 9 grams of sugar per 100 calories. The only exception to this is if the item is fruit w/o sugar added.*
- *Foods are to contain no more than 200 calories per serving*

Healthy Choices

For Classroom Snacks and Parties:

ASSIST HYDRATION

Water (flavored)

PROMOTES FRUITS AND VEGETABLES

Fruit wedges – cantaloupe, honeydew, watermelon, oranges
Sliced fruit – nectarines, peaches, kiwi, star fruit, pears, apples
Fruit salad or fruit added to sugar free gelatin
Fresh fruit with yogurt dipping sauce
Apples with caramel dip
Fruit and cheese kabobs
Applesauce or mixed fruit single serve cups
100% fruit snacks (packaged gels)
Dried fruit – raisins, cranberries, apples, apricots
100% vegetable or fruit juice
Fruit smoothies
Berry parfaits with vanilla yogurt
Vegetable tray with low fat dip
Celery & peanut butter, celery & cheese
Carrots, celery, broccoli, cauliflower, cucumbers with dip
Salsa and baked chips

GRAINS

Trail mix or cereal mixes
Granola bars, graham crackers
Banana, carrot or zucchini bread
Bagels & cream cheese
Pretzels or popcorn
Animal crackers
Baked snack crackers

DAIRY

String cheese or small packets of cheese
Yogurt in a cup or in a tube, smoothies
Low-fat pudding cups
Low-fat milk – plain, chocolate, strawberry
Cheese quesadillas

IDEAS FOR PROTEIN

Nut assortments/trail mix
Peanut butter w/apples or celery
Pizza with low-fat toppings – veggies, lean ham
Sandwiches – ham, turkey, cheese (low fat condiments)

Alternatives to Using Food as a Reward

ZERO-COST ALTERNATIVES

- Sit at the teacher's desk
- Sit by friends
- Eat lunch with the teacher/principal
- Make a delivery to the office
- Be the classroom helper
- "No homework pass"
- Extra recess time
- Class walking break
- Listen/dance to appropriate music
- Watch a video
- Free choice time
- Game day
- Listen to a book on tape
- Extra computer time
- Teacher performs special skill (i.e. sing, dance)
- Teacher read a special book to the class

LOW-COST ALTERNATIVES

- Books
- Enter drawing for donated prizes
- Stickers
- School supplies
- Movie/video coupons
- Trading cards
- Stamps
- Trip to the treasure box
- Coloring books
- Art supplies
- Gift certificates
- Physical activity equipment

