

## Proposed Nutrition Standards for USDA School Nutrition Programs

### Current Menu Planning System:

Food Based (Traditional or Enhanced) OR  
Nutrient Standard  
8 key nutrients monitored

Grade Groups:





K-3  
K-6  
7-12

### Proposed Menu Planning System:

Food Based Approach  
Designed to meet 24 key nutrients based on the 2005  
Dietary Guidelines for Americans

Proposed Grade Groups:

K-5 (5-10 years)  
6-8 (11-13 years)  
9-12 (14-18 years)

<p style="text-align: center;"><b>Meat/Meat Alternate</b></p> <p style="text-align: center;"><b>Current: 1.5-3oz daily average</b> <b>Proposed: 1.6-2.4 oz daily average</b></p>  <p>Lean meat, poultry, or fish Alternate Protein Products Cheese, egg, yogurt Cooked dry beans or peas Peanut, nut or seed butters</p> <ul style="list-style-type: none"> <li>At least 1 oz daily equivalent, 2 oz for grades 9-12</li> <li>Encourage lean meats in school meals</li> <li>Breakfast: meat/meat alternate and grains must be offered</li> <li>Tofu will continue not to credit, other products containing soy ingredients will credit as APP with proper documentation</li> </ul>	<p style="text-align: center;"><b>Fruit and Vegetable</b></p> <p style="text-align: center;"><b>Current: ¾ cup-1 cup of 2 or more fruits and/or vegetables</b> <b>Proposed: Separate Fruit and Vegetable Requirements</b></p> <p><b>Fruit:</b></p> <ul style="list-style-type: none"> <li>½ -1 cup per day</li> <li>Fresh, frozen without sugar, dried (1/4 cup counts as ½ cup), canned in fruit juice, water or light syrup</li> <li>100% fruit juice may meet ½ daily requirement</li> </ul> <p><b>Vegetable:</b></p> <ul style="list-style-type: none"> <li>¾ -1 cup daily</li> <li>At least ½ cup of each weekly:             <ul style="list-style-type: none"> <li>Dark Green Vegetables</li> <li>Orange Vegetables</li> <li>Legumes</li> <li>1 ¼ - 2 ½ cups other vegetables weekly</li> </ul> </li> <li>Limit Starchy Vegetables to 1 cup weekly:             <ul style="list-style-type: none"> <li>White potatoes</li> <li>Corn</li> <li>Lima Beans</li> <li>Green Peas</li> </ul> </li> <li>Leafy salad greens: (1 cup counts as ½ cup)</li> </ul>  <p><b>Examples of Dark Green Vegetables:</b> Bok choy, broccoli, collard greens, dark green leaf lettuce, kale, mesclun, mustard greens, romaine lettuce, spinach, turnip greens, watercress</p> <p><b>Examples of Orange Vegetables:</b> Acorn Squash, butternut squash, carrots, hubbard squash, pumpkin, sweet potatoes</p> <p><b>Examples of Legumes:</b> Black beans, black-eyed peas, garbanzo beans (chickpeas), kidney beans, lentils, lima beans, navy beans, pinto beans, soy beans, split peas, white beans</p>
<p style="text-align: center;"><b>Bread/Grains</b></p> <p style="text-align: center;"><b>Current: 1.8-3 oz daily average</b> <b>Proposed: 1.8-2.6 oz daily average</b></p>  <ul style="list-style-type: none"> <li>At least half the grains to be whole grain rich</li> <li>Phased in approach: Initially ½ the grains whole grain rich, with all grains served = whole grain rich 2 years after final rule</li> </ul>	
<p style="text-align: center;"><b>Milk</b></p>  <p style="text-align: center;"><b>Current: 8 fluid ounces</b> <b>Proposed: 8 fluid ounces</b></p> <ul style="list-style-type: none"> <li>Fat free (flavored or unflavored)</li> <li>Low-fat 1% milk (unflavored)</li> <li>Variety of fat contents no longer required</li> <li>2% or whole milk no longer allowed</li> </ul>	

## Healthy Breakfasts To Start the Day



Appendix 2

Breakfast can be a fun time of day with a little planning:

<ul style="list-style-type: none"> <li>*Put together foods and beverages the night before</li> <li>*Set the table</li> <li>* Get up early enough to enjoy the breakfast</li> <li>*Plan foods that stay with the child for the morning: fiber-filled foods and foods having some protein; Skip quickly-digested processed grains and sweets</li> </ul>	<p>You ARE what you have (or haven't) eaten-especially in the morning when your body has been without nourishment all night!</p> <p>Will your home's children have eaten "nothing" going to class or have eaten a breakfast that adds to their brain power?</p>	<p>Health tips for breakfast:</p> <ul style="list-style-type: none"> <li>* Less processed food usually means less sodium content-a better choice for our hearts</li> <li>*Foods with less than 35% sugar fit the bill- use little or no sugars</li> <li>*Don't add saturated fats like milk fat, fatty meats, or hard margarine- over time they fill our blood vessels with plaque</li> </ul>
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\*Variety adds to the fun of breakfast: Remember color, texture, flavor, and temperature variations can create a new favorite out of an old standby. See HOW TO and Hot Cereal Variations for ideas.

Plan for a breakfast at least as healthy as one at school that uses the following components:

Component	HOW TO Vary the Component
<b>Milk: 8 oz= 1 portion</b> <i>Skim or 1%, or milk alternative, like soy milk</i>	Drink it cold or hot; Use as the liquid to cook hot cereal ; Blend with fruit as a smoothie; Add to eggs to make an egg bake
<b>Grain/Bread: ¾ cup cereal or 1 slice = 1 portion</b> <i>Whole grain as the first ingredient or 100% whole grain</i>	Cold cereal (combine various cereals); Add fruit, seeds, nuts; Add milk or yogurt Whole grain breads: plain, as toast, French toast, or in egg bake; Black beans and rice; Sandwich made the night before
<b>Fruit: ½-1 cup</b> <i>Unsweetened fresh, frozen, canned, or dried; 100% fruit juice</i>	Whole fruit, chunks, slices; single fruit or in combination; yogurt parfait; add to or top whole grain pancakes or waffles; add dried to nuts, seeds, and whole grain cereal for trail mix
<b>Lean Protein or alternative : 1 oz;</b> <i>Yogurt; egg; low-fat cheese; seeds, nuts, and their butters; lean meat, fish, poultry; cooked dried peas and beans</i>	Yogurt, plain or with fruit or cereal, or on waffle or pancake; Scrambled, poached or hard-cooked egg; Poultry, meat, or fish alone or in egg bake; Low fat cheese with fruit or on toast; leftover protein item
<b>Vegetable-not listed for school breakfasts; but why not serve vegetables like in other countries</b>	Whole grain crackers or breads with low fat cheese and tomatoes, cucumbers, peppers, zucchini; vegetables in or salsa on egg dishes; 100% juice

### Hot Cereal Variations:

\*Microwave unsweetened whole grain hot cereals, like oatmeal, with skim milk which adds more protein, calcium AND richer taste...another way to increase protein is to add nuts, seeds, or their butters

\*Add wheat germ or ground flaxseed

\*Cook the cereal with dried fruit to sweeten it naturally: raisins, chopped dried mango, dates, bananas, apples, cranberries, pineapple, apricots, cherries

\* Add fresh or frozen fruit to cereal after cooking: berries, chopped apple, peach, apricot, banana



## Alternatives to Food as Rewards



### Make the Healthy Choice the Easy Choice

Food is commonly used to reward students for good behavior and academic performance. It's an easy, inexpensive and powerful tool to bring about immediate short-term behavior change. Yet, using food as reward has many negative consequences that go far beyond the short-term benefits of good behavior or performance.

Research clearly demonstrates that healthy kids learn better. To provide the best possible learning environment for children, schools must provide an environment that supports healthy behaviors. Students need to receive consistent, reliable health information and ample opportunity to use it. Finding alternatives to food rewards enhances a healthy school environment.

### Consequences of Using Food as Reward

#### Compromise Classroom Learning:



Schools are institutions designed to teach and model appropriate behaviors and skills to children. Nutrition principles taught in the classroom are

meaningless if they are contradicted by rewarding children with candy and other sweets. It's like saying, "You need to eat healthy foods to feel and do your best, but when you behave or perform your best, you will be rewarded with unhealthy behaviors."

#### Contributes to Poor Health:

Foods commonly used as rewards (like candy, and cookies) can contribute to health problems for children, e.g., obesity, diabetes, hypertension and cavities. Food rewards provide unneeded calories and displace healthier food choices.

#### Encourages Overconsumption of Unhealthy Foods:

Foods used as rewards are typically "empty calories" foods – high in fat, sugar and salt with little nutritional value. Decreasing the availability of empty calorie foods is one strategy schools can use to address the current childhood obesity epidemic.

#### Contributes to Poor Eating Habits:

Rewarding with food can interfere with children learning to eat in response to hunger and satiety cues. This teaches kids to eat when they are not hungry as a reward to themselves, and may contribute to the development of disordered eating.

#### Increases Preference for Sweets:

Food preferences for both sweet and non-sweet food increase significantly when foods are presented as rewards. This can teach children to prefer unhealthy foods.

*Schools can help promote a healthy learning environment by using nonfood rewards.*

#### Elementary School Students

- Make deliveries to office
- Teach Class
- Sit by Friends
- Eat lunch with teacher or principal
- Eat lunch outdoors with the class
- Have lunch or breakfast in the classroom
- Be a helper in another classroom
- Play a favorite game or do puzzles
- Certificates
- School supplies
- Walk with the principal or teacher
- Fun Physical Activity break
- Extra recess
- Show and Tell
- Paperback book
- Have extra art time



#### \_\_\_\_\_ Nutrition Philosophy during students' school day

School meals are the main source of nutrition.

Snacks are to:

1. Supplement the meal
2. Help, not hinder, students' nutrition
3. Provide serving size and calories based on age and activity
4. Be consumed infrequently

Parents can decide on use of discretionary calories at home.

\* See Appendix 6 on discretionary calories

- Trip to treasure box filled with nonfood items (stickers, tattoos, pencils, erasers, bookmarks...)

#### Middle School Students

- Sit with friends
- Listen to music during deskwork
- End-of-class chat break
- Reduced homework or "no homework" pass
- Extra credit
- Fun brainteaser activities
- Computer time
- Assemblies
- Field Trips
- Eat lunch outside or have class outside



#### High School Students

- Extra Credit
- Reduced homework
- Drawings for donated prizes

"Rewarding children with unhealthy foods in school undermines our efforts to teach them about good nutrition. It's like teaching children a lesson on the importance of not smoking, and then handing out ashtrays and lighters to the kids that did the best job listening."

Marlene Schwartz, PhD, Deputy Director, Rudd Center for Food Policy and Obesity, Yale University



# Nutritious Lunches From Home

**Appendix 4**

**\*Fun, interesting lunches and snacks plan for Safety and Variety of: 1.Food 2.Colors 3.Textures 4.Culture \***

**Milk:** available at the lunch site. Juice is available but milk is the better choice to get calcium, Vitamin D, and protein.

**Fruit :** fresh, canned, frozen, or dried; Vary the shape: whole, sliced, chunks, halves; one fruit or combine many; make a face with it; make a salsa or salad for a side dish; make into sauce (add granola and you have a crisp); fruit on yogurt

**Vegetable:** fresh, canned, or frozen; combine in a salad, soup, casserole, or meatloaf; vary the shape (round, sticks, diagonal, thin or wide); grate, slice, or chop; put on a sandwich or wrap, in eggs,

**Grains/Breads:** Use at least 50% whole grain. Look for at least 2 gm fiber in each serving: whole wheat or oat bread; whole wheat or whole grain corn tortillas; whole grain pasta; brown or wild rice; whole grain crackers, buns, and rolls; Whole grain cereals (look for less than 35% calories as sugar- less than 6 gm sugar for ¾ cup)

**Lean meat or alternatives:** Fish like tuna or salmon or cod; Egg, hard-cooked; Cooked dried beans/peas; Nuts, seeds or their butters; Low-fat cheese; Yogurt; Leftover meat like roast chicken, turkey, or meatloaf, sliced or chopped or strips

Below are sample lunch ideas using components from previous page

<p><b>Food Safety:</b> Send an ice pack in a thermal lunch container as <b>most items will need some refrigeration.</b> Freeze a 100% juice box to act as ice pack. If sending a <b>heated item</b> like leftover casserole, be sure it is in a thermal storage container to keep it at least 140° F.</p>	<p style="text-align: center;"><b>Tips:</b></p> <p style="text-align: center;">Send foods that complement school nutrition lessons</p> <p style="text-align: center;">Wash hands before handling foods</p> <p style="text-align: center;">Prewash, cut, and store vegetables</p> <p style="text-align: center;">Teach children about parts of a complete meal using components</p> <p style="text-align: center;">Pack/refrigerate lunch night before</p> <p style="text-align: center;">Add ice pack to food for safety</p> <p style="text-align: center;">Focus on fruit instead of sweets</p>	<p>Lunch areas <b>cannot have Foods of Minimal Nutrition Value (FMNV)</b> during lunch so please do not send or bring carbonated beverages, marshmallows, popsicles, gum, or candies like jelly beans, gummy candy, or corn candy that are predominately sugar or artificial sweetener having no nutritional value.</p>
<p><b>Theme Day</b>(Greek ) Pita w/ Romaine leaf holding 2 Tbsp. Hummus, ¼ cup plain yogurt mixed with ½ cup chopped cucumber / tomatoes; Chicken and rice soup (lemon adds a Greek touch); 1 oz nuts and ¼ cup raisins</p>	<p><b>Left over casserole:</b> cooked dried beans, fish, meat &amp;/or cheese, ½ cup vegetables, and pasta or rice(brown or whole grain preferred) in low salt/fat tomatoes or other sauce; Roll or bread; Apple(or wedges dipped in lemon water)</p>	<p><b>Healthy Soup</b> (like tomato) in thermal container; five no-salt-added Crackers; ½ Low-fat Cheese <b>Sandwich</b> (on whole wheat raisin bread); Vegetable sticks; ½ cup Mandarin oranges or other fruit.</p>
<p><b>Sandwich</b> with leftover meat from evening meal;(no margarine but 1 tsp mustard, catsup, or salad dressing and green lettuce for sandwich); 8 crunchy baby carrots or ½ cup other vegetable; 6-8 strawberries or other fruit</p>	<p><b>Home Fast-Food:</b> Soft shell taco: whole wheat/whole grain corn tortilla. Filling: 1 oz cheese, 1 oz leftover lean meat , ½ cup black beans, ¼ cup Salsa, ½ cup green lettuce/vegetables to put on tortilla; ½ banana or other fruit; 2 graham cracker squares.</p>	<p>Hard-cooked Egg; ½ Whole grain bagel (or a sandwich); <b>Lettuce or Cabbage Salad</b> with ½ cup chopped vegetables, 1 oz mozzarella cheese; Container: low fat salad dressing /lemon wedge to squeeze; ½ cup pineapple or fresh fruit in season</p>







# Nutritious Lunches From Home

## Appendix 4

Make lunch a fun time of day:

1. Use garden foods
2. Send a joke or encouraging note
3. Send a theme lunch

Lunches brought from home should be at least as nutritious as school lunches by offering the same components for lunch. The goal with meals is to serve nutrient-rich foods and beverages such as fruits, vegetables, whole grains, low-fat or nonfat dairy, lean meats, legumes, nuts and seeds.

The final column lists items that don't add to the nutrition of children in that category. Many contain a lot of sugar or saturated fat.

The following serving sizes can guide selections per age:

	Grades 1-8	Grades 9-12		
<b>Food Components<sup>1</sup></b>			Items that count for food component	Items that don't count for component
<b>Milk, skim or 1% Available for purchase at school</b>	1 cup (8 oz)	1 cup (8 oz)	Milk; Milk substitute such as soy milk	2% or whole milk; Ice cream; pudding
<b>2 or more Fruit/Vegetables</b>	¾-1 ¼ cup total	1-2 cup(s) total	Fresh, canned, dried, or frozen fruit or vegetable; 100% juice; Cooked dried peas or beans	Potato Chips; catsup; pickle relish; Juice < 100% fruit juice; fruit snacks; jam
<b>Meat/Meat alternative: Focus on Lean meats or Low fat alternatives</b>	2 oz	2 oz	Nuts/seeds; Peanut butter (2oz=4Tbsp); Lean Meat, poultry or fish; Cheese; Cottage Cheese; Eggs; Cooked Dry beans or peas; Yogurt; alternative protein products like soy burgers	Bacon/Imitation bacon bits; Cream Cheese; Imitation cheese
<b>Grains/Breads: Aim for greater than half items to be Whole Grain like whole wheat pasta or whole grain tortilla or whole wheat bread</b>	1-2 portions per lunch 1 portion=1 slice bread or ½ bun or 5 crackers, etc	2-2 ½ portions per lunch 1 portion = 1 slice bread or ½ bun or 5 crackers, etc	Bread; English Muffin; Brown or white rice, pasta, noodles; Pizza crust; Tortilla; Pita bread; Bun; Roll; Crackers; Dry or cooked cereal	Popcorn; potato chips Starchy vegetables like corn, potato, & peas fit in vegetable group

<sup>1</sup> Based on Federal Register, Vol. 76, No. 9, January 13, 2011/USDA Proposed Rules: Nutrition Standards in the National School Lunch and Breakfast Program

### Reduce Sodium in Home-packed Lunches

Many processed foods are very high in sodium, which is connected with heart disease and development of high blood pressure, so to lower sodium in your child's lunch, look for foods that are:

- \* Fresh, or cooked at home from fresh items
- \* Low or no salt added
- \* Less than 600 mg sodium per serving for an entrée or sandwich; less than 480 mg sodium for soup
- \* Less than 250 mg sodium per serving for any other individual item
- \* Fruit and vegetables have very little sodium while containing needed nutrients and fiber; what a bonus in the lunchbox! Most pieces of fruit or vegetables are less expensive than a bag of chips too.
- \* Try low-sodium flavors like fruit juice, pepper, herbs, spices, vinegar, zests, yogurt in sandwiches, soups, salads



Ala Carte, vending, schools stores, concessions and fundraising will supply calorie, fat, sodium, and sugar content for each item sold.

**1. Vending Machines:**

- a. Any vending machine contracts or school- maintained vending machines will follow Competitive Foods Nutrition Standards and caloric standards.

**2. Ala Carte:**

- a. Serving sizes will be comparable to those served in reimbursible meals.
- b. Encouraged items such as fresh fruit and vegetables, fat-free unflavored dairy products, whole grain products, and lean meats and legumes will be featured in the most prominent places.

**3. School Stores:**

School stores will focus sales on nonfood items and those food/beverage items sold will follow Competitive Foods Nutrition Standards and caloric standards.

**4. Fundraising:**

See Appendix 7: Healthy Fundraising for out-of-school healthy food ideas and non-food ideas, and Fundraising Approval form.

**5. Concession stands:**

- a. Serving sizes will be comparable to those served in reimbursable meals.
- b. Encouraged items such as fresh fruit and vegetables, fat-free unflavored dairy products, whole grain products, and lean meats and legumes will be featured in the most prominent places.
- c. A list of healthy individual snack items that could be sold at concession stands and a snack calculator to identify healthy items is available at [www.healthycc.org](http://www.healthycc.org).

Research<sup>7</sup> indicates that students who consume competitive foods average greater than 150 calories per day of low-nutrient, high-calorie items. The increase in body weight observed among U.S. children from 1988-2002<sup>8</sup> could have been prevented by an average reduction in calorie intake of 110-165 calories per day.

7 Fox, et al. J Am Diet Assoc. 2009; 109:S57-S66

8 Wang, et al. Pediatrics. 2006;118:e1721-e1733.



## Smart Snacks Nutrition Standards

Ulen-Hitterdal School supports our students' health by including more opportunities at school for better nutrition and physical activity. Foods and beverages available in Ulen-Hitterdal School are to reinforce the nutrition education message of: increasing nutrient-rich foods, moderating portion size, and decreasing saturated fats, sodium, and added sugars. School meals are intended to be the main source of nutrition and calories for students during the school day.

**Smart Snacks** are those foods and beverages sold or served outside of the federally reimbursed school lunch, breakfast and after-school snack programs. These are sold in vending machines, ala carte, fundraisers, school stores, or are served by parents, teachers, or others for celebrations or snacks.

Smart Snacks are to: (1) Supplement the meal (2) Contribute to, rather than detract from, the nutrition of our students (3) Be an age-appropriate serving size within USDA calorie guidelines. (4) Be consumed infrequently. Parents can decide on use of discretionary calories at home. (See Appendix 6: Discretionary Calories)

**Food Standards shall meet the following criteria per individual package or per serving prepared in bulk:**

Standard	Elementary School	Middle School (MS)/HS	High School (HS)
	≤ 150 calorie(cal) Snack	≤ 200 calorie Snack	≤ 400 calorie Entree
≤ 35% cal from total fat <sup>2</sup>	≤ 5.5 grams(gm)	≤ 7.5 gm	≤ 15.5 gm
< 10% cal from Saturated fat <sup>3</sup>	< 1 gm	< 2 gm	< 4 gm
Trans Fat < 0.5 gm	ZERO	ZERO	ZERO
≤ 35% cal from sugar <sup>4</sup>	≤ 13 gm	≤ 17.5 gm	≤ 7 gm and ≤ 35% cal
Sodium (Na) <sup>5</sup>	≤ 200 mg	≤ 200 -250mg	≤ 480-600 mg
Dietary Fiber <sup>6</sup>	≥ 2 gm	≥ 2 gm	≥ 2 gm/grain serving

**Beverage Standards and size limit:**

	Elementary/MS/HS schoolday	High School after schoolday
Water	Water or Non-caffeinated, non-fortified beverages < 5 calories (with or without nonnutritive sweetener, carbonation, or flavoring)	Water or Non-caffeinated, non-fortified beverages < 5 calories (with or without nonnutritive sweetener, carbonation, or flavoring)
Lowfat plain or nonfat plain or flavored milk	8 oz	8 oz
100% Fruit or Vegetable juice	4 oz for EL/MS and 10 oz for HS	10 oz
Sports drinks	For student athletes	For student athletes in sport programs involving vigorous activity ≥ 1 hour

<sup>1</sup> National Academy of Science. (2007) Nutrition Standards for Food in Schools: Leading the Way Toward Healthier Youth.

<sup>2</sup> Excludes nuts, seeds, nut or seed butters, eggs, legumes, and cheese packaged for individual sale

<sup>3</sup> Excludes eggs or cheese packaged for individual sale

<sup>4</sup> Excludes natural sugars in milk and yogurt and fruit

<sup>5</sup> Na values in competitive food items must reach the lower level by 2014-2015 school year; Higher value may be used to ease transition

<sup>6</sup> Fiber values in competitive food items must reach this level by 2013-2014 school year



# Discretionary Calories<sup>4</sup>

**Make the Healthy Choice the Easy Choice**

**Why shouldn't I bring sweet treats for a classroom celebration?**

Discretionary calories are the calories left after meeting nutrient requirements from the healthy foods that help our children grow, learn in school, and stay healthy. This "leftover" amounts to only about 10% of total calories or about 150 calories per day for a young child. They are most often consumed as "empty calories" found in items high in solid fats and added sugars that lack vitamins, minerals, antioxidants, protein, and fiber. Some parents would like their children to use them for... a lot of extra fruit or vegetables ... a little extra nutrient-rich milk, meat, or bread...oil to fry a food... a dessert at a family occasion. *Let's leave these calories to the "discretion" of each family to use outside of the school day.* We hope parents appreciate being able to decide for their own student when treats will be serve at home.

**\_\_\_\_\_ Nutrition Philosophy during students' school day**

School meals are the main source of nutrition. Snacks are to:

1. Supplement the meal
2. Help, not hinder, students' nutrition
3. Provide serving size and calories based on age/activity
4. Be consumed infrequently

Parents can decide on use of discretionary calories at home.

1. Age and Sex	2. Not Physically Active		3. Physically Active <sup>1</sup>		4. Based on NHANES 1999-2002 data <sup>2</sup>
	Estimated Total Calorie Need	Estimated Discretionary Calorie Allowance	Estimated Total Calorie Need	Estimated Discretionary Calorie Allowance	Average Daily Discretionary Calories Consumed <sup>2</sup>
<b>Children 4-8 years old</b>	1200-1400 calories	170	1400-1800 calories	170-195	719
<b>Girls 9-13 years old</b>	1600 calories	130	1600-2200 calories	130-290	810
<b>Boys 9-13 years old</b>	1800 calories	195	1800-2600 calories	195-410	
<b>Girls 14-18 years old</b>	1800 calories	195	2000-2400 calories	265-360	946
<b>Boys 14-18 years old</b>	2200 calories	290	2400-3200 calories	360-650	

Column 4 in the above chart shows that about 40% of calories children consume are from discretionary foods and beverages that lack nutrients needed for healthy growth. *The Discretionary Calories Consumed can be reduced to the Calorie Allowance by cutting portion-sizes and use of those items, and replacing with nutrient-rich, healthy foods.*

**We can use our estimated discretionary calorie allowance to:**

- \*Eat larger portions of nutrient-rich foods like fruit and vegetables, whole grains, low-fat or fat-free dairy products, and lean protein sources.
- \*Eat occasional portions of higher calorie forms of nutrient-rich foods that contain some solid fats and/or added sugars, such as sweetened cereals, flavored milk, 2% milk, or regular cheese,.
- \*Add small amounts of fats or sweeteners to foods, such as 1-2 teaspoons gravy, salad dressings, syrup, and butter.
- \*Eat or drink infrequent small amounts of items that are mostly fats & caloric sweeteners, such as candy, soda, & other sugar-added beverages.

1. These amounts are appropriate for individuals who get at least 30 minutes (lower calorie level) to at least 60 minutes (higher calorie level) of moderate physical activity most days.
2. Institute of Medicine. 2010. *School Meals: Building Blocks for Healthy Children*. p51. Washington, DC: The National Academies Press
3. Chriqui, JF, et al. *Bridging the Gap*, Health Policy Center, University of IL at Chicago, 2009.
4. Based on [http://www.mypyramid.gov/pyramid/discretionary\\_calories\\_amount.html](http://www.mypyramid.gov/pyramid/discretionary_calories_amount.html)
5. Johnson, RK. *The American heart association dietary sugars intake and cardiovascular health: a scientific statement. Circulation. 2009; 120: 101101020.*





## Appendix 6

### How do I know what foods and beverages have high solid fat and added sugar discretionary calories?

Read food ingredient labels for the first, or most predominant, ingredients. Also look for the grams of saturated fat and of sugar on the nutrient label to see if a high percentage of the calories come from those sources. Remember to check calories in one serving. There may be more than one serving in a package. Stick with one serving or less.

**“Solid Fats”:** are fats that are solid at room temperature, like butter and shortening. Solid fats come from many animal foods and can be made from vegetable oils through a process called hydrogenation. This “saturates” them so we refer to them as saturated fats on labels. There should be less than 10% of calories from saturated fat to be a healthier item. Use higher saturated fat items sparingly.

Sources of solid fats include:

- Butter
- Beef fat (tallow, suet)
- Chicken fat
- Pork fat (lard)
- Stick margarine
- Shortening
- Creams



Foods high in solid fats include:

- Many types of pizza
- Many cheeses
- Ice cream
- Well-marbled cuts of meats
- Regular ground beef
- Bacon
- Sausages, pepperoni
- Poultry skin
- Baked goods such as cookies, donuts, pastries, and croissants

**“Added Sugar”:** are sugars and syrups that are added to foods or beverages during processing or preparation. We get far more than we need. The average American takes in around 22 teaspoons of sugar daily. This equals 355 calories. The highest sugar intake is among 14-18 year olds, who consume 34 teaspoons sugar per day for 549 calories. The American Heart Association<sup>5</sup> recommends no more than 100 calories per day for American women and no more than 150 calories per day for American men from added sugars. Strive for less added sugars in all agegroups for health’s sake.

Names for added sugars on food labels include:

- brown sugar
- corn sweetener
- corn syrup
- dextrose
- fructose
- fruit juice concentrates
- lactose
- glucose
- high-fructose
- corn syrup
- honey
- maltose
- malt syrup
- molasses
- invert sugar
- sugar
- syrup
- raw sugar



Discretionary Foods high in solid fats and added sugars most consumed during the school day<sup>3</sup>:

- Juice drinks/sport drinks/thirst quenchers/carbonated soda
- Cookies, cakes, and brownies
- Candy
- Chips

1. These amounts are appropriate for individuals who get at least 30 minutes (lower calorie level) to at least 60 minutes (higher calorie level) of moderate physical activity most days.
2. Institute of Medicine. 2010. *School Meals: Building Blocks for Healthy Children*. p51. Washington, DC: The National Academies Press
3. Chiqui, JF, et al. *Bridging the Gap*, Health Policy Center, University of IL at Chicago, 2009.
4. Based on [http://www.mypyramid.gov/pyramid/discretionary\\_calories\\_amount.html](http://www.mypyramid.gov/pyramid/discretionary_calories_amount.html)
5. Johnson, RK. *The American heart association dietary sugars intake and cardiovascular health: a scientific statement*. *Circulation*. 2009; 120: 1011-1020.





# Healthy Fundraising

## Making the Healthy Choice the Easy Choice

Candy, baked goods, soda and other foods with little nutritional value are commonly used for fundraising at school. Schools may make easy money selling these foods, but students pay the price. An environment that constantly provides children with sweets promotes unhealthy habits that can have lifelong impact. As we face a national epidemic of overweight children, many schools are turning to healthy fundraising alternatives.

### Nutrition Philosophy during students' school day

School meals are the main source of nutrition.

Snacks are to:

1. Supplement the meal
2. Help, not hinder, students' nutrition
3. Provide serving size and calories based on age/activity
4. Be consumed infrequently

Parents can decide on use of discretionary calories at home.

\* See Appendix 6 on discretionary calories

### Benefits of Healthy Fundraising

#### 1. Healthy Kids Learn Better



Research clearly demonstrates that good nutrition is linked to better behavior and academic performance. To provide the best possible learning environment for children, schools must also provide an environment that supports healthy behaviors.

#### 2. Provides Consistent Messages

Fundraising with healthy foods and non-food items demonstrates a schools commitment to promoting healthy behaviors. It supports the classroom lessons students are learning about health, instead of contradicting them.

#### 3. Promotes a Healthy School Environment

Students need to receive consistent, reliable health information and ample opportunity to use it. Finding healthy alternatives to fundraising is an important part of providing a healthy school environment.

One in third of US children are overweight or obese<sup>1</sup>. At 400,000 deaths per year, poor eating habits and a sedentary lifestyle are fast becoming the leading cause of death in the United States, just behind smoking at 435,000 deaths per year<sup>2</sup>.

1. Ogden CL, et al. *High body mass index for age among US children and adolescents, 2003-2006*. JAMA. 2008; 299: 2401-2405.
2. Mokdad AH, et al. *Actual causes of death in the United States, 2000*. JAMA. 2004; 291(10):1238-1246

### Consequences of Unhealthy Fundraising

#### Compromise Classroom Learning:

Selling unhealthy food items contradicts nutrition messages taught in the classroom. Schools are designed to teach and model appropriate skills and behaviors. Nutrition principles taught in the classroom are meaningless if they are contradicted by other activities that promote unhealthy choices, like selling candy and other sweets. It's like saying, "You need to eat healthy foods to feel and do your best, but it is more important for us to make money than for you to be healthy and do well." Classroom learning about nutrition remains strictly theoretical if the school environment promotes unhealthy behaviors.

#### Promotes the Wrong Message:

Selling unhealthy foods provides a message that schools care more about making money than student health. We would never think of raising money with anything else that increases student health risks, but food fundraisers are often overlooked. As schools promote healthy lifestyle choices to reduce student health risks and improve learning, school fundraisers must be included.

#### Contributes to Poor Health:

Foods commonly used as fundraisers (like chocolate, candy, soda and baked goods) provide unneeded calories and displace healthier food choices. Skyrocketing obesity rates among children are resulting in serious health consequences, such as increased incidence of type 2 diabetes and high blood pressure.



Adapted from: *Healthy Fundraising*, Connecticut State Department of Education, Revised 2009, and *Creative Financing and Fundraising*. California Project Lean, California Dept. of Health Services, 2002



# Healthy Fundraising

**Make the Healthy Choice the Easy Choice**

### New Paradigm in Fundraising

Traditional school fundraising methods of selling products like popcorn, candy bars, and cookie dough are quickly becoming dated. They have a low margin of return, require peer pressure giving, result in one time gifts, and often include unhealthy foods.


A new approach ties giving to long term school goals whether to group, building, or district-level needs. This method includes cash in both small and large amounts given with **purpose** creating opportunities to cultivate larger donors. It is recognized by its higher margin, absence of a middleman, and mostly online giving.

For more information on healthy, effective fundraising contact Dakota Medical Foundation, [www.healthycc.org](http://www.healthycc.org).

### Non-Food Items to Sell:

- Activity theme bags
- Balloon bouquets
- Books, calendars
- Brick/stone/tile memorials
- Buttons, pins
- Bumper stickers & decals
- Candles
- Coffee cups, mugs
- Cookbooks
- Emergency kits for cars
- First Aid Kits
- Flowers and bulbs
- Foot warmers
- Football seats
- Garage Sale
- Garden seeds

### Non-Food Items to Sell:

- Gift items
- Gift wrap, boxes and bags
- Greeting cards
- Hats 
- Holiday wreaths
- Jewelry
- Magazine subscriptions
- Megaphones
- Monograms
- Music, CDs
- Newspaper space, ads
- Plants 
- Scarves
- School art drawings
- Spirit/seasonal flags
- Stadium pillows
- Stationery
- Stuffed animals
- Valentine flowers
- Yearbook graffiti

### Customized Merchandise:

- Bumper stickers/decals
- Calendars
- Cookbook made by school
- License plate or holders with school logo
- Logo stickers
- Scratch off cards
- School Frisbees
- School spirit gear
- Souvenir cups
- T-shirts/sweatshirts

### Healthy Food:

- Fresh and exotic fruit, like cases of citrus fruit
- Fruit and nut baskets
- High quality potatoes, onions or other produce *items*

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\* See Appendix 6 on discretionary calories

- Nuts
- Trail mix

### Items Supporting Academics:

- Read-a-thon
- Science fair
- Spelling Bee

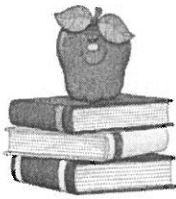
### Fundraising Events :

- 3-on-3 basketball tournaments
- Auction (silent/live)
- Bike-a-thon
- Bowling night/bowl-a-thon
- Car wash (pre-sell tickets as gifts)
- Dances (kids, father/daughter, Sadie Hawkins)
- Game nights
- Family/glamour portraits
- Festival/Carnival
- Fun runs
- Gift wrapping 
- Golf tournament
- Jump-rope-a-thon
- Magic show
- Raffle (movie passes, theme bags)
- Raffle (teachers do a silly activity)
- Singing telegrams
- Skate night/skate-a-thon
- Talent shows
- Walk-a-thons
- Workshops/classes



Adapted from: *Healthy Fundraising*, Connecticut State Department of Education, Revised 2009, and *Creative Financing and Fundraising*. California Project Lean, California Dept. of Health Services, 2002





## Healthy Snacks

### Making the Healthy Choice the Easy Choice Snacks – 150-200 Calories or Less

A healthy eating plan:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk products. (Combine them in your snacks for interesting variety!)
- Includes lean meats, poultry, fish, beans, eggs, and nuts. (Add these to your whole grains and veggies for a mini meal.)
- Is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars.

Try these tasty and easy snacks to satisfy your hunger between meals. They fit right into a healthy eating plan. Each has 150-200 or fewer calories. The key is to pay attention to portion sizes. Read the label and snack on single portions.

Amount	Fruit	Calories
1 medium	Orange	74
1 small	Banana	90
½ cup	Orange juice	54
1 cup	Whole Strawberries	46
1/2 cup	Pineapple (in own juice)	75
1 cup	Red seedless grapes	104
1/8 cup	Raisins	42

Amount	Vegetables	Calories
15	Baby carrots	54
1 cup	Assorted vegetables, such as 1/2 cup broccoli florets & ½ cup grape tomatoes, with 1 tbsp. Fat-Free (FF) ranch dressing	40
6 oz.	Low-sodium vegetable juice	40
10 small	Celery sticks	6

Amount	Grains, Bread, Rice, Pasta	Calories
1 mini bagel	Whole Wheat(WW) bagel (2 1/2" in diameter)	100
1 slice	Raisin Bread	71
4	Graham cracker squares	120
3 cups	Air-popped popcorn	90
4	WW crackers, unsalted	71

Amount	Milk, Cheese, Yogurt	Calories
1/2 cup	Fat-free vanilla yogurt	86
4 oz.	Fat-free pudding	100
1 ounce	Part skim String cheese	86
1 cup	Fat-free milk	91

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Parents can decide on use of discretionary calories at home.

\* See Appendix 6 on discretionary calories

Amount	Meat, Fish, Beans, Eggs	Calories
3 tbsp (T.)	Hummus	69
1 ounce	Turkey breast, home-cooked	53
1 large	Hardcooked egg	78
¼ cup	Black beans	50
1.5 ounces	Water-packed tuna	50

Combinations	Calories
5 celery sticks, 1 T. peanut/sun butter and 1/8 cup raisins	139
1 T. light cream cheese on ½ pita and ¼ cup grape halves	131
Trail mix: ¼ cup Life cereal, ¼ cup Cheerios, ¼ cup Corn Chex and 1/8 cup raisins	152
½ cup fat-free vanilla yogurt and 1 cup sliced fresh strawberries (sundae)	132
1 slice WW bread with 1/2 ounce low-fat swiss cheese and 1 ounce turkey with a slice of green lettuce with 1/8 cup cranberries	200
2 T. hummus on 1/2 mini bagel, 1T.nuts/seeds	110
1 ½ ounces water-packed tuna or salmon with 4 whole wheat crackers, unsalted	121
½ cup applesauce on 1 slice raisin bread	121
8 baked unsalted tortilla chips to dip in 2 T. salsa mixed with 1/8 cup black beans	148
1 T. sun butter on ½ WW English muffin	166

Source: USDA Nutrient Database for Standard Reference

- **Snacks not allowed include:** cake, cookies, chips, candy, gum, donuts, sweet rolls, fried items, elementary snacks greater than 150 calories per item.
- **Beverages not allowed at school include but not limited to:** soda pop, sports drinks, fruit drinks with less than 100% fruit juice, energy drinks.
- **Be safe!** Refrigerate dairy and meat or insulate them with ice.



## Healthy Classroom Snack Suggestions (9-5-17)

- \* Krave, Kellogg's
- \* Team Cheerios Cereal Bar
- \* Cheddar Cracker Chips, Kellogg's
- \* Chex Mix Honey Nut
- \* Scooby-Do Grahams
- \* Triscuit, Minis, 8.5 oz.
- \* Cheez-It Crackers, whole grain
- \* Goldfish Crackers, whole grain
- \* Low-Fat Animal Crackers
- \* Pretzels, whole wheat
- \* Quaker Kid's Snack Mix
- \* Rice Cakes or Mini Rice Cakes (Flavored)
- \* Teddy Grahams, whole grain
- \* Raisins
- \* Low-Fat Granola Bars
- \* Honey Nut Cheerios
- \* Del Monte & Dole Fruit Bowls
- \* Dried Fruit
- \* Fresh Vegetables
- \* Low-Fat Yogurt, e.g. GoGurt
- \* Sunflower Seeds
- \* String Cheese
- \* Fresh Fruit
- \* Veggies with low-fat ranch dressing
- \* Goldfish Pretzel Cracker
- \* Frozen Fruit Bars
- \* Corn Nuts
- \* Rice Krispies Treats, whole grain
- \* Lite Popcorn
- \* Trail Mixes without chocolate
- \* Whole Grain Crackers with low-fat cheese
- \* Fruit Snacks, e.g. Welch's 1.55 oz.



## Healthy Celebrations

### Making the Healthy Choice the Easy Choice

School celebrations provide a unique opportunity for fun while practicing healthy food choices. Schools can take advantage of classroom celebrations to serve food that tastes good, is nutritious, and provides students with an opportunity for nutrition education experiences.

### But it's Just a Cupcake...

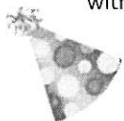


Typically, foods for school celebrations include cupcakes, candy, cookies and soda. So what's the harm? There is nothing wrong with an occasional treat, but unhealthy choices have become the norm rather than the exception. Parties, treats used as classroom rewards, food fundraisers, vending machines, snacks and school stores constantly expose children to high-fat, high-sugar, low-nutrient choices.

Our children's overall eating habits are poor. Only two percent of children meet all Food Pyramid recommendations. Most children do not eat enough fruits, vegetables or whole grains. Obesity rates among children are on the rise, with serious health consequences. Constant exposure to low-nutrient foods makes it difficult for children to learn how to make healthy food choices. By providing students with nutritious choices wherever food is available (including the classroom), schools can positively influence children's eating habits.

## Benefits of Healthy Celebrations

1. **Healthy Kids Learn Better**  
Research clearly demonstrates that good nutrition is linked to better behavior and academic performance. To provide the best possible learning environment for children, (school) must also provide an environment that supports healthy behaviors.
2. **Provides Consistent Messages**  
Providing healthy classroom celebrations demonstrate a school commitment to promoting healthy behaviors. It supports health lessons, instead of contradicting them. Healthy celebrations promote positive lifestyle choices to reduce student health risks and improve learning.
3. **Promotes a Healthy School Environment**  
To positively change eating behaviors, students need to receive consistent, reliable health information and opportunities to use it. Healthy celebrations are an important part of providing a healthy school environment.
4. **Creates Excitement about Nutrition**  
Children are excited about new, different things, including fun party activities and healthy snacks. Teachers need not worry that children will be disappointed if typical party foods aren't served in school. Holiday treats and traditional birthday parties will still be available at home.
5. **Protects Children with Food Allergies**  
When parents send in food, it is difficult to ensure the safety of children with food allergies. Schools can protect food allergic children by providing nonfood celebrations or, if food is served, obtaining it from known sources such as the school food service program.



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School meals are the main source of nutrition. Snacks are to:

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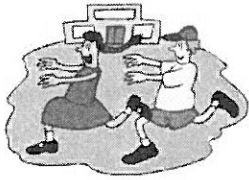
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### How-To's for Healthy Parties

- Variety is the "spice of life" and the "life of the party." Plan several contrasting activities – active and quiet, indoor and outdoor, individual and group.
- Try something new. Children like adventure. In addition to familiar games and foods, offer something different.
- Plan creative experiences such as art, music, and cooking.
- Involve children in planning and preparing the party. Let them make decorations and favors.
- Put food in its proper place. Refreshments should complement the fun, not become the "main event."
- Be sure that each child receives a prize or favor, if such awards are given.
- Don't use food as rewards or prizes. Select a physical activity instead.
- Choose food for fun, good taste and health. Parties that feature healthful foods provide opportunities for children to practice making wise food choices.



## Integrating Physical Activity throughout the School Day

### Active Kids Make Better Learners

Recess and physical education time has steadily decreased or been eliminated in school districts around the nation, displaced by more time focused on academics. However, research shows that exercise benefits the brain in numerous ways resulting in improved learning in children.

Understanding the relationship between physical activity, body weight and academic achievement can assist schools with the design of academic and physical activity programming. Evidence shows a positive relationship between physical activity and grade point average, rate of learning, classroom behavior, as well as cognitive, social and motor skill development (Chomitz, et al., 2009) It also reveals that the students who need the most help academically, gain the most by being physical activity (CDC). Simply put physically active students are better learners.

### Evidenced Based Strategies for Physical Activity

- Physical education with at least 50% of class time spent doing moderate to vigorous activity
- Elementary school: daily recess with adult facilitated phys. activity
- Physical activity weaved into the classroom
- Before and after school physical activity opportunities
- Inclusive , intramural programs and physical activity clubs
- Walk/bike to school programs (Safe Routes to School)

(Information provided by U.S. Center for Disease Control and Prevention)

#### Proven Resources

[www.spark.org](http://www.spark.org)

[www.pecentral.com](http://www.pecentral.com)

### Integrating Physical Activity into the Classroom

Finding time to fit one more thing into your already busy schedule can be difficult. But what if you could integrate into your academic lessons with physical activity or use it to transition to another classroom activity? Here are a few ideas to help you get you started.

- Play Simon Says and make the focus on physical movement.
- Reward students with extra recess time.
- Use stability balls instead of chairs in the classroom
- Set a class goal of walking across the state. Document collective miles.
- Provide "brain breaks" for movement. Allow students to be creative. For example, have younger students practice spelling or vocabulary words while walking around the room.
- Have students pair up and take a walking study break. They can quiz each other on classroom material as they walk the halls or outside before a test.
- Incorporate one to two minutes physical activity breaks into each class period. Have students take turns leading various movement activities.
- Use Geocaching equipment to promote problems solving, utilizing technology and physical activity into learning (Geography, Technology classes).
- Build nutritional and physical activity into Math, Science, and FACS. Determine the amount of exercise time necessary to burn off calories associated with certain foods like a candy bar and then do the exercise required.

Many children do not get the recommended **60 minutes** of physical activity per day but you can help.

**Additional Resources:** **JAMmin' Minute:** A one-minute fitness routines. [www.jamschoolprogram.com/](http://www.jamschoolprogram.com/)

**Take 10** [www.take10.net](http://www.take10.net) Grades K-5 integrates academic learning objectives with physical activity.

**GeoMotion** [www.geomotiongroup.com](http://www.geomotiongroup.com) Linking academic lessons using movement based products.

**The Alliance for a Healthier Generation-** <http://healthiergeneration.org/schools.aspx?id=3302> Includes tips to integrate physical activity before, during, and after school as well motivating movement in the classroom.

**Brain Gym** [www.braingym.com](http://www.braingym.com) Classroom techniques to enhance learning through the science of movement.



**Ulen-Hitterdal Public School  
Fundraising Approval Form (Ap.11)**

Each fundraising group shall complete this form and get prior approval by administration before proceeding with a fundraising activity.

Group name/organization: \_\_\_\_\_

Name of advisor: \_\_\_\_\_ Phone number: \_\_\_\_\_

Contact person: \_\_\_\_\_ Phone number: \_\_\_\_\_

Fundraising activity description: \_\_\_\_\_  
\_\_\_\_\_

Describe where and when the fundraising would be conducted: \_\_\_\_\_  
\_\_\_\_\_

Why do you want to raise the money (purpose/goal/for what activity)? \_\_\_\_\_  
\_\_\_\_\_

Approximately how many organizations, students, or adults will be involved in the selling for the fundraising event? \_\_\_\_\_

→ **Attach a copy of fundraising form and/or brochure that includes product/service and selling price:**

Anticipated gross: \_\_\_\_\_ Anticipated tax: \_\_\_\_\_ Anticipated expense: \_\_\_\_\_

Date fundraiser starts: \_\_\_\_\_ Date fundraiser ends: \_\_\_\_\_

The district Wellness Policy states that:

***\*District encourages non-food fundraising projects. If food items are to be sold, the Competitive Foods Nutrition Standards (appendix 5) shall be followed.***

If your group is selling processed food (not fresh, whole items,) please complete the following nutrition information for each item sold to allow comparison with the Competitive Foods Nutrition Standards:

Item \_\_\_\_\_ Serving size \_\_\_\_\_

\_\_\_\_\_ calories/serving \_\_\_\_\_ grams saturated fat/serving

\_\_\_\_\_ grams sugar/serving \_\_\_\_\_ mg sodium/serving

Add nutrition information for additional items to the back of this form.



## Competitive Foods Nutrition Standards

### Foods:

Standards	< 200 calorie snack	< 400 calorie entree
≤ 35% cal from total fat	≤ 7.5 gm	≤ 15.5 gm
< 10% cal from saturated fat	< 2 gm	< 4 gm
Trans fat < 0.5 gm	ZERO	ZERO
≤ 35% cal from sugar	≤ 17.5 gm	≤ 7 gm and ≤ 35% cal
Sodium (Na)	≤ 200-250mg	≤ 480-600 mg
Dietary fiber	≥ 2 gm	> 2 gm/grain serving

### Beverage standards and size mit:

Water or non-caffeinated, non-fortified beverages < 5 calories (with or without non-nutritive sweetener, carbonation, or flavoring)
8 oz lowfat plain or non-fat plain or flavored milk
8 oz 100% fruit or vegetable juice
12 oz sports drinks for student athletes in sport programs involving vigorous activity ≥ 1 hour
No energy drinks

Advisor signature

Date:

Principal signature

Date:

Superintendent signature

Date:

### Action:

Approved

Denied

# Healthy Concession Practices Report

Prepared by Carlie Froemke, Fargo Cass Public Health Intern and NDSU graduate student

## Identifying Healthy Concession Items and Standards

Adapted from the Eat Smart Move More program in North Carolina and available at <http://www.nutritionnc.com/ResourcesForSchools/pdf/esmm/AdvocacyTools/ActionTools/Concessions.pdf>

### Dairy Foods (< 200 calories/package)

- Low-fat string cheese
- Low-fat cottage cheese
- Low-fat yogurt

### Nuts/Seeds

- Nuts ( $\leq 1$  oz. portions)
- Trail mix
- Out-of-the shell sunflower seeds

### Fruits/Vegetables (< 200 calories/package)

- Carrots and/or celery with low-fat ranch
- Sliced apples with natural peanut butter
- Sectioned oranges
- Grapes
- Dried fruit/fruit chips
- Canned fruit cups
- Salsa for baked chips or baked potato
- Fresh salads
- Fruit smoothies
- Applesauce
- Baked potatoes
- Dill pickles

### Drinks

- Water
- 1% low-fat milk - flavored and unflavored < 200 calories
- Nonfat milk - flavored and unflavored < 200 calories
- 100% fruit juice (8 oz) with no added sweeteners
- 100% vegetable juice

### Grains (< 200 calories/package)

- Baked chips
- Animal crackers
- Hard pretzels
- Whole-grain cereal
- Whole-grain crackers (served with cheese)
- Whole-grain buns (for chicken sandwiches)
- Low-fat/low-sugar breakfast, granola or chewy bars
- Graham crackers

### Frozen Foods

#### (< 200 calories/package)

- Frozen low-fat yogurt
- 100% juice bars
- 100% frozen fruit products/bars with no added sweeteners

### Hot Foods

#### (< 200 calories/serving)

- Soft pretzel with cheese or low-fat ranch
- Baked potato with toppings (salsa, low-fat cheese, low-fat sour cream)
- Low-fat popcorn
- Soups/ bean chili
- Grilled chicken sandwiches
- Hot apple cider
- Hot chocolate
- Oatmeal

### Non-food Items\*

- Arts and crafts (sometimes kids aren't hungry they just want to spend their \$.50)