

Norfolk Public Schools Snack Guidelines

The purpose of these guidelines is to help guide parents and teachers towards providing healthy snacks to our children. These guidelines should be used for snacks sent from home and for any in class parties. This year we encourage limiting sweets to no more than 1 per party as a way to prepare the kids and parents for the future. In September, 2012 government guidelines restrict any junk food from being offered in the classroom and school cafeteria. For more info: <http://www.schoolnutrition.info/pdfs/school-nut-guide-interactive.pdf>

Healthy Guidelines:

- I. Any fruit: any packaged fruit should be in its own juice and have no heavy syrup.
- II. Any vegetable
- III. Whole grains; cereals should have 6 grams of sugar or less.
- IV. Low fat (1%) or fat free dairy like milk, yogurt and cheese. Look for yogurt with no more than 30 grams of sugar per 8 ounce serving. Avoid sugar substitutes in yogurt for children. Buy hormone-free milk.
- V. Low fat and low sugar snacks (less than 3 grams total fat per serving and less than 6 grams of sugar.) All foods should be trans-fat free.
- VI. Serve water or fat free and low fat milk. Sweetened beverages including juice, sports drinks, Kool-Aid and soda should be avoided. Beverages sweetened with sugar substitutes are not appropriate for children.

Suggestions:

- Fruit ideas: strawberries, blueberries, raspberries, cantaloupe, honey dew, mango, papaya, pineapple, grapes, bananas, kiwi, peaches, apples, pears, pomegranate, whole fruit jelly, avocado, dried fruit like bananas, apples, raisins, cranberries, apricots, plums and pineapple.
- Vegetable ideas: carrot sticks, green, yellow or red pepper sticks, celery sticks, raw green beans, raw broccoli flowerets, salad, cucumbers and cherry tomatoes
- Protein ideas: edamame, peanut butter or nuts (if no allergies), Sunbutter, soy nut butter, low fat cheese sticks, low fat cottage cheese, hummus, eggs
- Grain ideas: whole grain low fat crackers (Ak Mak, Wasa, Rice Cakes), whole grain pretzels, low fat popcorn, whole grain mini bagels, cereal like Cheerios or granola, granola bars such as Cascadian Farms and Nature's Valley
- Dairy ideas: low fat (1%) or fat free milk, low fat soy milk, almond milk, low fat/low sugar yogurt like Chobani (or any Greek yogurt) or Stonyfield.

Sample Menu for Holiday Party

- Holiday plates and napkins
- Red and green grapes on skewers
- Bowl of Pomegranate seeds
- Low fat cheese sticks
- Popcorn
- Red and green peppers with hummus

Sample Games for Holiday Party

- **Decorate precut snowmen**
- **Make paper snow flakes**
- **Pin the carrot on the snowman**
- **Pass the ornament:** Supply straws Supplies straw for each child and ornaments cut out of tissue paper (trees, bells, stars...) Ornaments are passed down the line teammate to teammate by inhaling and exhaling on the straw to hang on to or release the ornament. No hands!
- **Snowman Says:** This is played similar to Simon Says. The player up is "Snowman." "Snowman says hop on one foot and the children will hop on one foot". Snowman says "stop." The children are to keep hopping until the snowman says "snowman says..."
- **Book exchange:** kids pick other kids' names kids out of a hat and they buy an inexpensive book for each other as a "Secret Santa."
- **Gingerbread Man:** Get the book [The Gingerbread Man](#). Children sit in a circle. A wrapped book is passed around the circle of kids while the room mother or teacher reads [The Gingerbread Man](#). Every time the word "ran" is spoken you pass the book to the person on your right. Continue doing so until the story is over. Whoever has the book on their lap at the end of the story gets to keep and unwrap the book. If you have enough funds you can then pass out a paperback copy for each child in the class. This is great for the younger kids.
- **Holiday Memory Game:** get 18 holiday items. Show the items in the box to the children. Remove one or more of the items out of the box (without children seeing you.) Have the children guess what items are missing. For older children put items on a large tray or cookie sheet. Cover. Remove cover for 20-30 seconds and then remove tray from the room. On your mark, the children must write down as many items that they can remember from the tray before you yell "stop." The most correct answer wins.
- **Word Find:** Find a holiday or winter themed word such as snowman or Poinsettia and find as many smaller words as possible before time runs out.
- **Holiday 20 questions:** The teacher starts by choosing a holiday related person, place or thing. The teacher says I am thinking of something... The teacher gives a clue. The kids have no more than 20 yes or no questions to find the answer. The child who guesses it correctly is next up.
- **Freeze dance with holiday music.**
- **Littlest angel or good elf:** Challenge children to do random acts of kindness for others one day. Tell them they are not to reveal that they have done these nice things. If someone should ask them they can reply "it must have been the good elf." This game helps children realize you don't always have

to be recognized for doing something nice. If planning to do with younger children you might want to send a note home.

- **Christmas scramble:** Choose a holiday word. Write the letters of the word on individual index cards. Make 2-3 sets; one for each team. Put each set in a brown paper bag. Divide the children and give each team a bag. The first team to decipher the word in the bag wins. Each child holds a letter and they must stand in the right order for the class to see.
- **Snowman Snowball Toss:** Have a large cardboard cutout snowman with a hole in his belly or a few smaller holes for older kids. Have marshmallows wrapped in plastic wrap. Put the “snowballs” in a bucket and mark a distance line with tape. Each child gets 3 tries to get their snowball through the hole. Get them all in and win a reward.
- **Blind Snowman Game:** Each student gets a sheet of paper and a pencil. You ask them to close their eyes and you tell them what to draw. Don’t tell them they are drawing a snowman. Draw 3 circles on top of each other. Each circle gets smaller from bottom to top. In the middle circle draw 3 buttons going vertically down the center. In the top circle draw 2 eyes, a carrot nose and a mouth. Draw a hat on top of the smallest circle. Draw stick arms on both sides of the middle circle. Draw a broom in one stick hand. Open your eyes! You can have a point system for older kids for each part drawn correctly.
- **Silly Holiday Phrases:** Say each phrase 3 times as fast as you can. Have kids come up and try in front of the class. See if kids can make up a few of their own.
 - Sally skis super slow
 - Big bright bells banish boredom
 - Santa sings shining star songs
 - Pretty packages perfectly packed
 - Tip top tiny tot toys
 - Sally’s striped stocking’s stuffed slightly

References

Policy ADF Wellness Policy

Healthy Students, Healthy Schools: Guidance for Implementing the Massachusetts Schools Food and Beverages Standards for Competitive Foods and Beverages, MA Dept. of Public Health, October 2011
<http://www.schoolnutrition.info/pdfs/school-nut-guide-interactive.pdf>

John C. Walker Institute of Food and Nutrition’s A-List for Approved Foods, [PDF](#) based upon the [Massachusetts A La Carte Food & Beverage Standards to Promote a Healthier School Environment](#). Last updated August 2011.
<http://www.johnstalkerinstitute.org/alist/alist.pdf>

The A-List is currently under revision and will reflect the newly mandated [Massachusetts Nutrition Standards for Competitive Foods and Beverages in Public Schools](#), which become effective August 1, 2012.

<http://www.lawlib.state.ma.us/source/mass/cmr/cmrtxt/105CMR225.pdf>

The completely revised A- List is expected to be published in February 2012.

LEGAL REFERENCES:

[105 CMR 225](#)

7 Code Of Federal Regulations (C.F.R.) Part 210 and Part 220

The Child Nutrition and WIC Reauthorization Act of 2004, Section 204, P.L. 108-265
The Richard B. Russell National School Lunch Act, 42 U.S.C. §§ 1751 - 1769h
The Child Nutrition Act of 1966, 42 U.S.C. §§ 1771 – 1789