

Ho'okele Elementary Wellness Policy

Revised June 2017

Calories

Snacks < 200 calories

Entrees < 350 calories

Sodium

Snacks < 200 mg

Entrees < 480 mg

Fat

Total fat < 35% of total calories

Saturated fat < 10% of calories

Trans fat 0 grams

Sugar

Snacks < 35% of total weight of item



Refer to www.healthiergeneration.org for resources and smart snack calculators

At Ho'okele Elementary, we ask for your support in following the guidelines of the Health and Wellness Policy 103.1. The wellness guidelines include areas pertaining to the school wellness committee, nutrition guidelines, health education, nutrition promotion, physical education and activity and professional development. For more information, visit the DOE website at www.hawaiipublicschools.org.

If providing your child with snacks for personal celebrations, please individually wrap all snacks to be shared with your child's class so they may be distributed at the end of the school day for children to take home.

We also ask that you help us strive for a peanut-free environment for the safety of students with severe allergies. Your child's teacher may also share other allergy concerns as they pertain to students in the classroom.

Listed below are suggested items and foods to avoid to help you in determining healthy snacks.

Food Suggestions for snacks/lunches

- ◆ Yogurt/Gogurt
- ◆ Raisins
- ◆ Most Fruit snacks
- ◆ Most pudding or Jell-o cups
- ◆ Rice Krispy Treats (packaged)
- ◆ Fresh fruit
- ◆ Crackers, pretzels, goldfish
- ◆ Popcorn or baked chips
- ◆ Most pretzels
- ◆ 100 Calorie Snack Packs

Foods to Avoid

- ◆ Bakery items-cupcakes
- ◆ Chocolate candies which may have contact with nuts
- ◆ Cereal products and bars with nuts
- ◆ Any other products containing peanuts or peanut trace
- ◆ Sunflower seeds

Other Celebration Ideas

- ◆ Pencils
- ◆ Erasers
- ◆ Bookmarks
- ◆ Stickers
- ◆ Stamps
- ◆ Classroom board game
- ◆ Birthday books from library

LET'S HELP OUR KEIKI MAKE HEALTHY CHOICES!

