

# MUNHALL ELEMENTARY SCHOOL



1400 South 13th Avenue, St. Charles, Illinois 60174 331-228-2600 Fax 331-228-2601

Jarrold Buxton

*Principal*

Patricia Townsend

*Administrative Assistant to the Principal*

Allyson Taylor

*Administrative Assistant*

## **Munhall Elementary School Healthy School Snack Guidelines**

Munhall Elementary is implementing guidelines for a healthy snack at all grade levels, Kindergarten through 5th in the 2018-19 School Year.

### **Why a healthy snack?**

Childhood obesity has become a nationwide concern. Research proves children do better in school when they have at least 9-10 hours of sleep, a balanced diet, including 2 nutritional snacks daily, and exercise. As educators, we want what is best for students, so we are implementing guidelines for a healthy snack during the day. The Center for Science in the Public Interest recommends snacks in school be fruit and vegetables, since most children do not eat the recommended number of servings of fruit and vegetables.

### **Guidelines:**

- The only snacks allowed in the classrooms include a fruit or a vegetable.
- All snacks will be working snacks lasting no more than 15 mins.
- Snack will be worked into the classroom schedule by a teacher.
- Any foods other than fruits or vegetables will **not** be allowed. These items will be returned home if brought in.
- The only beverage allowed with snack is water.
- No food will be stored in the classroom and all uneaten opened snacks will be disposed of. Unopened snacks will be sent home.
- Bringing a daily snack of individual portion is the responsibility of the child, no snack will be provided by the school.
- Sharing of all food is not permitted.

Listed below are some healthy choices to help guide you when deciding on your child's snack. Acceptable snacks include but may not be limited to:

- Any fruit or vegetable, washed and cut if necessary
- Raisins, dried fruit
- Frozen grapes or other frozen fruit
- Apple sauce
- Pickles
- Fruit cups or canned fruit
- Cut up peppers, edamame
- Fruit salad

Thank you for your cooperation in adhering to these guidelines as we strive to become a healthier school and bring good nutrition to the forefront.

**Munhall Elementary School  
Party and Classroom Teaching  
Food Policy**

**Munhall Elementary will be implementing a no-food during classroom celebrations and classroom reward policy. There will also be no food used during teaching time without the written consent of the principal.**

*“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 who did the best job listening.”*

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

**Benefits of Non-Food, Healthy Celebrations**

- Healthy kids learn better
- Promotes a healthy school environment
- Promotes consistent health messages
- Promotes focus on person and event rather than on food

School policies are changing because there is so much more information about health and nutrition than we did a generation ago. There is nostalgia for the parties and celebrations we, as parents, had as students, but because of all of this information, we need to evolve. .

**Birthdays:**

May be celebrated at school without student-provided food. Alternative non-food birthday celebrations may be used.

**Classroom Parties:**

- Fall
- Winter
- Valentine’s Day

Classroom parties must be celebrated at school without food. Alternative non-food classroom celebrations are allowable.

**Resources:**

Action for Healthy Kids: Healthy Non-Food Rewards  
Iowa State University: Non-Food Alternatives  
Center for Science in the Public Interest: Healthy Classroom Celebrations  
Clemson Cooperative Extension: Non-Food Rewards for Kids  
Choose Myplate 10 Tips: Make Celebrations Fun, Healthy  
Active Iowa Team Nutrition  
Alliance for a Healthier Generation  
Let’s Move! Active Schools

**Ideas for school parties:**

<http://www.safe4kids.net/wp-content/uploads/school-celebrations.pdf>