

**Somerset Public Schools**  
**Local Wellness Policy**  
**PK-5 Healthy Snacks Policy**  
**Fall 2008**

*The Somerset School District is committed to providing a school environment that promotes and protects children's health, well being and ability to learn by supporting healthy eating and physical activity, while enhancing the development of lifelong wellness practices*

**The Child Nutrition and WIC (Women, Infants and Children) Reauthorization Act of 2004** contains a local school wellness policy provision. This provision requires every school district that participates in the *National School Lunch Program* to develop a local wellness policy that addresses student wellness and the growing problem of childhood obesity. There are four components required in this policy: 1) nutrition education, 2) physical activity, 3) school-based wellness activities and 4) nutrition guidelines for all foods available on campus

Thus, the District has developed a policy to guide the use of all foods and snacks available at each elementary school under the district's objective of promoting student health and reducing childhood obesity:

**Snacks**

- Snacks eaten during school day or extended-day programs will make a positive contribution to children's diet and health and assist students in maintaining healthy habits (1)
- Snacks will consist of healthy, low-fat items, fruits, vegetables, whole grain products, water and low-sugar juices; snacks will be derived from the John C. Stalker Institute "A-List" ("A-acceptable Vending Items) after review by the District Wellness Sub-Committee of most common snacks that are appropriate for classroom snacks/celebrations and meet nutrition guidelines\*\* (1, 2)
- Eliminate snack items such as potato chips or sticky substances that would entail lost learning time cleaning or needing to leave class to wash hands etc (4)
- Schools will assess when to offer snacks based on timing of school meals, children's nutritional needs, children's ages and other considerations (1)
- The district will distribute a list of healthy snack items to teachers, extended-day program personnel and parents (1)
- Utilize alternatives to using food as a reward for good behavior or academic performance (3)
- Alternatives using a combination of zero-cost and low-cost alternatives will be established (3)—see attached.
- Soda or candy will not be allowed at school

**Celebrations:**

- Schools will limit celebrations that involve food during the school day to no more than one party per class per month (1)
- Each party will include no more than one food or beverage that does not meet nutrition standards for foods or beverages sold individually. The district will provide a list of healthy snacks for school parties and celebrations for parents and teachers (1)

**School Sponsored Events**

- To the extent practicable, foods and beverages offered or sold at school-sponsored events outside the school day will be derived from the John C. Stalker Institute, "A-List" of acceptable vending items and/or meet nutrition guidelines established in the Local Wellness Policy\*\* (1)

\*\* No more than 30% of calories from fat

\*\* No more than 10% from saturated fat

**Citations:**

- (1) *School District Wellness Policy*, Westport Community Schools (p. 6)
- (2) John C. Stalker Institute of Food and Nutrition at Framingham State College, *The A-List, "A-acceptable Vending Items Listed by Product and Manufacturer*
- (3) *Alternatives to Using Food as a Reward* (Michigan State University Extension)
- (4) North Elementary School, Health Initiative