

Nutrition Services

Goals for Healthy School Nutrition

Schools play a powerful role in influencing students' dietary behaviors. There are several ways schools can help ensure the daily eating habits being formed by students will contribute to their learning achievement and lifelong good health.

The Islamic Academy of Delaware strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. To support the consumption of nutrient dense foods in the school setting, the school has adopted the following nutrition guidelines governing the sale of food, beverage and candy. The school is committed to promoting the Nutrition Policy with all school nutrition personnel, teachers, nurses, coaches and other school administrative staff. The school will work toward expanding awareness about this policy among students, parents, teachers and the community.

Nutritional Standards for Foods in Schools

All reimbursable meals offered as part of the National School Breakfast Program (SBP) and the National School Lunch Program (NSLP) must meet Federal nutrient standards as required by the US Department of Agriculture (USDA) Child Nutrition Program regulations. Menus must comply with the current USDA food group and nutrient regulations when averaged over the week and food group portions should be consistent with those established for the three school grade levels. In addition, the Islamic Academy of Delaware will:

1. Provide students with healthy and nutritious foods
For more information refer to: www.dietaryguidelines.gov, www.choosemyplate.gov, https://schools.healthiergeneration.org/resources__tools/, <http://www.fns.usda.gov/hussc/>
2. The School Breakfast Program and School Lunch Program will meet the minimum number of servings to be offered both daily and weekly for all food components as outlined by the Final Ruling of Nutrition Standards set forth by the USDA (APPENDIX A, Figure 1)
3. The School Breakfast Program and School Lunch Program will work toward lowering sodium content in all foods and recipes offered as part of the meal program. Specific sodium targets are outlined in the Sodium Reduction Timeline by the USDA (APPENDIX A, Figure 2)
4. Support healthy eating through nutrition education.

A. Smart Snack Nutrition Standards

Any Snack Food Sold in Schools Must:

- Be a “whole grain-rich” grain product; or Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or Be a combination food that contains at least 1/4 cup of fruit and/or vegetable; or Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber)
- No more than 35% of weight from total sugars in food
No more than 35% of total calories from fat
Less than 10% of total calories from saturated fat
No more than 230 mg of sodium per serving with a goal of no more than 200 mg of sodium per serving in 2016
- No more than 200 calories per package
0 g trans fat per item as packaged or served

Beverages for All Grade Levels:

- Plain water (carbonated or non-carbonated)
- Nonfat milk (including flavored)
- Nutritionally equivalent milk alternatives (as permitted by school meal requirements)
- Full strength fruit or vegetable juice (100% juice)

All school beverages must be caffeine free except for naturally occurring trace amounts

Elementary school beverages must be no more than 8oz except for water, which is unlimited

Middle school & high school beverages must be no more than 12oz except for water, which is unlimited

Fundraisers:

All foods that meet the Smart Snack Nutrition Standards can be sold at fundraisers on the school campus during school hours; however, fundraiser food items cannot compete with the federal reimbursable meal programs

The standards do not apply to items sold during non-school hours, food sold to the Friday congregation, weekends, or off-campus fundraising events. The school encourages non-food fundraisers to ensure compliance with nutrition standards.

B. Minimal Nutritional Value

The following items may not be served, sold or given out within the cafeteria school meal program.

Foods of minimal nutritional value as defined by USDA regulations:

“210.11 Foods of Minimal Nutritional Value”

A food which provides less than five percent of the Reference Daily Intakes (RDI) for each of eight specified nutrients per serving and in the case of all other foods a food which provides less than five percent of the RDI for each of eight specified nutrients per 100 calories and less than five percent of the RDI for each of eight specified nutrients per serving.

Examples: Soda water, water ices, chewing gum, and certain candies (hard candy, jellies/gums, marshmallow, fondant, licorice, spun candy, candy coated popcorn) are prohibited.

Other School Based Activities (Eating Environment)

1. The National Association of State Boards recommends a minimum of at least 10 minutes for breakfast and 20 minutes for lunch from the time the student sits down to eat.
2. There should be a minimum of 3 hours not more than 5 hours scheduled between Breakfast and Lunch periods.
3. Lunch periods are scheduled as near the middle of the school day as possible. No events shall be held during lunch period unless students may eat during the event.
4. It is recommended that physical education and recess be scheduled before lunch whenever possible.
5. Food Service Staff and School Administration shall collaborate to provide sufficient space and time for meals. Appropriate supervision shall be provided in the cafeteria and rules for safe behavior shall be consistently enforced.
6. Dining areas shall be attractive and have enough space for seating all students.
7. Drinking water shall be available at mealtime for all students and students are permitted access; encourage consumption of at least 6-8 8 oz. glasses of water per day. Water bottles are permitted throughout the day and students have access to water fountains.
8. Students will wash their hands before meals to prevent spread of germs and reduce the risk of illness.
9. Meals, snacks, and candy will not be used as a reward or a punishment for student behaviors, unless it is detailed in a student's 504 or Individualized Education Plan (IEP) or school activities that promote a positive nutrition message (i.e., guest chef, field trip to a farm or farmers market, etc.) (See APPENDIX B for more information).
10. Promote healthy choices during holidays, celebrations, and fundraisers (see APPENDIX B, C, & D for more information)
11. A list of healthier snack choices when considering food items for special events and classroom celebrations is available for reference. Most items listed are free of peanuts, the most prominent allergen. Questions for other allergens can be directed to CNS at 302-454-2400 (see APPENDIX C for more information).
12. Parent and back to school events will be encouraged to provide healthy food options as referenced above.
13. School Nutrition programs will aim to be financially self-supporting. The school nutrition program is an essential support to the success of the education process. Profit generation should not take precedence over the nutritional needs of the students. If subsidy of the school nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and or compete nutritionally with program meals:

“210.11 Competitive Food Services”

Competitive Foods means any foods sold in competition with the school breakfast and lunch programs to children in food service areas during serving periods.

"The sale of other competitive foods may, at the discretion of the State Agency and School Food Authority, be allowed in the food service area during the lunch period if all income from the sale of such foods accrues to the benefit of the non-profit school food service or the school or student's organizations approved by the school." (Federal Regulation 7CFR Part 210.11 (B).

14. State agencies and school food authorities may impose additional restrictions on the sale of and income from all foods sold at any time throughout schools participating in the school breakfast program and the national school lunch program.
15. Purchasing programs and preparation methods will be used to decrease fat, calorie, and sodium levels in food.
16. The School will employ a properly qualified, certified and /or credentialed Nutrition Director to administer the School Nutrition Programs.
17. Child Nutrition Services will provide strategies for increasing student participation in the School Meal Program such as “Food of the Month”, Nutrition Trivia, Taste Testing opportunities, Monthly Nutrition Contest, Morning Announcements and Vegetable Garden servings.
18. Students are encouraged to start each day with a healthy breakfast.
19. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
20. Safety and security of the food and facility access to the School Nutrition Operations are limited to School Nutrition Personnel and other authorized personnel.

VENDING / FUNDRAISING / SCHOOL STORES

1. Snack and beverage vending machines intended for staff use will be in designated staff lounge areas.
2. Cafeteria vended products shall be consistent with established nutrition standards.
3. Vended products offered outside the cafeteria shall be consistent with the Smart Snack Nutrition Standards.
4. Vending products in machines shall be timer controlled for sales after normal school hours (beginning 30 minutes after the scheduled school-end time (USDA)).
5. School fundraisers will promote positive health habits such as the sale of non-food and nutritious food items as well as fund raising to support physical activities (see APPENDIX D for more information).
6. Food sold during school hours shall meet the Smart Snack Nutrition Standards. Schools will promote availability of nutritional snacks at school events after school hours.

PROFESSIONAL DEVELOPMENT

All school nutrition personnel shall have adequate in-service training in food service operations. Professional development will be provided in food and nutrition.

Goals for Nutrition Education

Islamic Academy of Delaware's wellness policy is intended to influence a student's actual eating behaviors that result in lifelong healthy food choices. These healthy food choices will help to eliminate barriers to learning associated with improper nutrition and fitness. Healthy food choice themes include:

- Knowledge of MyPlate
- Sources and variety of foods
- Diet and disease
- Healthy snacks
- Planning a healthy diet
- Six nutrients essential to the human body
- Serving sizes and portion control
- Limiting foods of low nutrient density
- Importance of Fiber
- Making healthy choices when eating at a restaurant

Nutrition Education

- Healthy heart choices
- Dietary Guidelines for Americans
- Understanding calories and managing your weight
- Healthy breakfast
- Food labels
- Factors that influence food choices
- Proper food safety/sanitation
- Understanding different types of fat
- Awareness of eating Disorders

The overall goal for nutrition education for Islamic Academy of Delaware is to promote the integration of nutrition education into curriculum areas. Schools should provide nutrition education and engage in nutrition promotion. Nutrition education will be age appropriate, reflect cultural diversity, and provide opportunities for students to practice skills learned. We will:

1. Integrate nutrition education into the respective subject areas with the help of credentialed health educators and nutrition professionals from DOE and other sources. Topics to include but not limited to nutrition facts labels, energy expenditure, media awareness, food groups, portion control, etc. Instruction should be standard based and ongoing.
2. Educate and train teachers to integrate nutrition education in an interdisciplinary approach. When practical, teachers will enhance nutrition education learning through practical experiences. The school will train staff in nutrition education and implement the principles of the health curriculum in all grades. Nutrition education could be integrated with School Garden Lessons, Science Kits and Food of the Month lessons.
3. School staff will be encouraged to model principles of good nutrition including healthy eating, modeling of healthy lifestyles, drinking water regularly and engaging in physical activity.
4. The nutrition education program shall work with the school meal program to develop school gardens and use the cafeteria as a learning environment.
5. Promote and disseminate resource information related to integration of nutrition education into curriculum. Urge the inclusion of education activities sponsored by nutrition and health organizations by promoting them through various venues including newsletters, announcements, etc.
6. Promote nutrition awareness throughout the school environment by disseminating resources for nutrition education that can be displayed. (i.e. posters in cafeteria, hallways, gymnasiums, classrooms, etc...).

These posters can assist students to make healthy food choices. The classroom, the school dining room, and other school activities should provide clear messages that explain and reinforce healthy eating. Students should receive messages throughout the school that are consistent and reinforce each other. The cafeteria offers students an opportunity to practice classroom nutrition lessons.

7. Promote nutrition awareness to parents and communities through any of the following methods: offering healthy eating seminars, sending nutrition information home, posting nutrition tips on websites, promoting health fairs, hosting nutrition nights, incorporating nutritional facts into the morning announcements and providing nutrient analyses of school menus.
8. Initiate school-based marketing that is consistent with nutrition education and health promotion. As such, we will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually.
9. Prohibit school-based marketing of brands promoting predominantly low nutrient foods and beverages during the school day.
10. Promote optimal oral hygiene by eliminating foods with high levels of added sugar such as candy and soda.
11. Promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products. Develop student based focus groups for feedback and planning of menus.
12. Establish school and individual school wellness taskforces. Taskforces shall develop, promote, and oversee a multi-faceted plan to promote the school's health nutrition wellness.
13. Encourage staff participation in Coordinated School Health Programs (CSHP) within each school to facilitate coordination between food service and classroom instruction.
14. Provide training for school counselors and school nurses to identify unhealthy eating behaviors in students and make referrals to appropriate services.
15. School Nutrition Staff will be present at open houses to discuss the benefits of our cafeteria services. Nutrition staff will emphasize choice of healthy food items.

Physical Education and Physical Activity

Schools share a responsibility to help students and staff establish and maintain lifelong habits of being physically active. Regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health and overall well-being.

The national recommendations of 60 minutes per day of moderate to vigorous physical activity should be the goal for all students. This includes opportunities in various settings such as:

- Physical Education
- Classroom activity breaks
- Structured and freestyle recess
- After-school programs
- Organized athletic activities

Islamic Academy of Delaware will play a role in influencing students' physical activity behaviors. By providing challenging physical and health education classes, and providing unique opportunities for physical activity during the day, we will give students physical education that provides the knowledge, motivation, and skills needed for lifelong physical activity.

Physical Education versus Physical Activity

Physical Education is the science of human movement that teaches the knowledge and skills necessary to be physically active for life. Physical Activity is all bodily movements that result in energy expenditure. This includes daily routine activities such as school work, intramural activities, sports, free play, planned and structured repetitive movements designed specifically to improve fitness and health.

Physical Education

1. All Islamic Academy of Delaware students in grades K-12 shall receive a quality physical education program that
 - is age-appropriate and inclusive: meets the needs of all students, including those who are not athletically gifted, and teach cooperation, fair play and responsible participation.
 - is taught by a certified physical education teacher
 - addresses the NASPE standards (National Association for Sport and Physical Education)
 - monitors fitness levels of all students
 - uses fitness assessments to plan and guide instruction
 - has a teacher/student ratio comparable to other courses of that grade cluster
 - requires 150 minutes per week at the elementary school level (Pending state approval)
 - requires middle school students to successfully complete 1.0 credit hour of physical education per school year
 - reflects any state mandated changes to the number of hours of Physical Education
2. The physical education program shall:
 - Build knowledge and skills for the enjoyment of lifelong fitness through physical activity
 - Create a positive atmosphere for all students to participate successfully in physical activities.
 - Enhance skills in leadership, teamwork and self-confidence
 - Utilize technology within the curriculum to enhance motivations and participation
 - Focus on life-long activities that can be done individually or in teams
 - Improve individual fitness level of each student
 - Engage students in moderate to vigorous physical activity at least 50% of the time.
 - Assess competency through application of knowledge, skill development and practice. Students' fitness student/parent report is sent home.
3. Schools will provide adequate space (ie. Gymnasium) and the appropriate equipment to meet the Delaware standards for physical education.
4. Schools must aim to promote physical activity during recess.
5. Students shall not be excluded from participating in physical education classes or opportunities for physical activity. In addition, students shall not waive physical education credit for other activities.
6. After-school programs should include supervision by trained staff and provide developmentally and age-appropriate physical activity for all participants.
7. The benefits associated with lifelong fitness and physical activity shall be shared with community groups and parents through any of the following methods: offering health fairs, physical activity seminars, sending fitness information home, posting fitness tips on websites and other school publications.
8. Schools should schedule recess before lunch since research indicates physical activity prior to lunch can improve nutrient intake and reduce food waste.
9. Physical Education staff will receive adequate training in physical education.

Physical Activity

1. Physical activity will be integrated across the curricula for elementary and middle schools and throughout the school day.
2. Physical activity opportunities such as Energizers, Take 10!, Jammin' Minutes, Walking clubs, etc. will be offered daily during the school day in elementary and middle schools.
3. Intramurals are available at the middle and high school level.
4. The school provides the use of school facilities outside of school hours for physical activity
 - a. programs offered by community-based organizations.
5. The school may consider programs such as promoting safe and walkable routes to school.
6. Staff members shall not deny participation in recess or other physical activity opportunities as a form of
 - a. discipline or punishment unless the safety of students is in question.
7. All elementary school students will have access to daily recess. Schools shall provide space, equipment
 - a. and an environment conducive to safe and enjoyable activity.
8. Staff wellness opportunities shall be available to all employees.

Communication and Promotion

1. Islamic Academy of Delaware will involve major stakeholders in the development of the School Wellness Plan including parents, students, school food authority, school board, school administration, and teachers.
2. The school environment, including cafeteria and classroom, shall provide clear and consistent messages that reinforce healthy eating.
3. Staff will be encouraged to model healthy eating and physical activity as a valuable part of their daily life.
4. The School provides food promotions at least once a year to encourage taste testing of healthy new foods being introduced on the menu.
5. Nutrition education will be provided to parents. Nutrition education may be provided in the form of handouts, the school website, article and information provided in school or school newsletters, presentations that focus on nutrition and healthy lifestyles, and through any other appropriate means available to reach parents.
6. The School provides parents with healthy snack ideas (see Appendix C for more information)
7. It is recommended that organizations operating concessions at school functions market healthy food choices at a lower profit margin to encourage student selection.
8. Education materials shall be free of brands and illustrations of unhealthful foods.
9. The School Wellness Committee shall include staff, parents, students, and community members and shall meet bimonthly to monitor and evaluate the implementation of the policy.

Implementation of Wellness Policy

Islamic Academy of Delaware will create a School Wellness Policy Committee that will meet quarterly to assist in the implementation, coordination and evaluation of the Wellness Policy and its nutrition and physical activity components by:

1. Acting as a liaison between the community, agencies, organizations and the Islamic Academy of Delaware in the interest of the health and well-being of children and their families.
2. Ensuring the implementation of the Wellness Policy through the development of assessment tools to analyze the status of each school and create an implementation plan to ensure goals are met. The committee will annually review nutrition and physical activity policies, evidence on student health impact and effective programs and program elements.
3. Establishing school based wellness site councils that reports to the School Committee.
4. Ensuring that the instruction and services associated with the Wellness Policy are mutually reinforcing and present consistent messages.
5. Contributing monthly wellness tips via school newsletters, websites, and other school publications.
6. Providing education and initiatives that promote school-wide wellness.
7. Advising administrators on information to monitor compliance. The School Wellness Champion or administrative designee will ensure compliance with the policies across the school.
8. The School Wellness Policy will be revised a minimum of every three years or as needed.

Glossary

A La Carte Foods - a menu term signifying that each item is sold and priced separately from the National School Lunch and School Breakfast Programs.

Food Allergens - a specific allergic reaction that involves the immune system, triggered by a particular food, and is reproduced each time the food is eaten.

Competitive Foods - foods that are sold in competition with meals served under the National School Lunch and School Breakfast Programs

Coordinated School Health Program – integrated, planned, school-based programs that was designed by the Center of Disease Control to promote physical, emotional, and educational development of students. The eight components consist of Physical Education, Health Education, Health Services, Counseling, Psychological & Social Services, Healthy School Environment, Health Promotion for Faculty and Staff, Parent and Community Involvement and Nutrition/Food Service.

Dietary Guidelines for Americans – is published jointly every 5 years by the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA). It provides authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases.

Federal Nutrient Standards - standards for healthy school meals developed by the USDA to set required levels for key nutrients in keeping with the recommendations of the Dietary Guidelines for Americans.

MyPlate - outline or a system that provides many options to help Americans make healthy food choices based on dietary guidelines set by the USDA.

Foods of Low Nutrient Density - foods with low-nutrient-density are more commonly referred to as 'junk food'. They are foods that are high in calories, often from fat or sugar, but contain little (or no) amount of vitamins and minerals.

Food of Minimum Nutritional Value – foods which lack minimum nutritional value from vitamins and minerals (ex: chewing gum, flavored ice bars, candy bars, etc.)

Hazard Analysis and Critical Control Points Plan and Guidelines - a systematic approach to the identification, evaluation, and control of food safety by preventing hazards that could cause food-borne illnesses by applying science-based controls, from raw material to finished products.

Individualized Education Plan (IEP) – children, who are eligible for special education services, will have a written document that outlines a child's educational program that is tailored to the individual student to provide maximum educational benefit.

Nutrient Analyses – to evaluate a menu to ensure that it meets the appropriate Nutrient Standards. Nutrient Dense Foods - foods that are rich or high in nutrients when compared to their calorie content.

- 15 -

Physical Activity - exercise or health related activity that is planned, structured and repetitive, consisting of moderate to high intensity levels of exertion, resulting in the maintenance or improvement of physical fitness (body composition, flexibility, aerobic power, muscular strength and endurance).

Physical Education – learning a wide range of movements, knowledge, and skills that will contribute to the development of responsible practices, attitudes and behaviors essential to a healthy lifestyle.

Regular School Day – Weekdays that school is in session beginning at 12:00 a.m. until 30 minutes after the scheduled school-end time (USDA)

Reimbursable Meals – Free, reduced or paid meals that meet federal requirements established by the National School Lunch Program. These meals provide financial compensation to School Food Authority from Federal and State agencies.

Saturated Fats - fats that are derived from animal fats, such as those in meat, poultry, dairy products, processed and fast foods. Comprise less than 10% of total fat calories.

School-Based Marketing – public relations and marketing strategies that focuses on students, teachers and administrators within the school environment.

Trans Fats - hydrogenated fats that are created when oils are "partially hydrogenated". The process of hydrogenation changes the chemical structure of unsaturated fats by adding hydrogen atoms to make the fats more saturated. Products must contain 0g trans fat.

APPENDICES

(Acquired from Christina School District Wellness Policy)

APPENDIX A Figure 1: USDA Meal Patterns and Dietary Specifications

Figure 2: Sodium Reduction Timeline and Amounts

APPENDIX B

Healthy Birthdays, Celebrations & Family Events

Birthdays, celebrations, and family events are great opportunities to promote a healthy lifestyle, provide consistent messages and create excitement around nutritious choices at school. Plan events that emphasize healthy foods and align with classroom lessons or shift the focus and plan non-food events centered on physical activity, music, art and games. Host events that make it easy for children to practice making healthy choices.

Children like adventure – don't be afraid to try something new!

Birthdays – the birthday child can:

- Be the teacher's helper.
- Wear a special crown, sash, button or badge all day.
- Donate and/or read a favorite book to the class.
- Choose the class music for writing or independent study time.
- Receive a personalized birthday card from the teacher via email or snail mail.
- Choose a game or activity the class does for the last few minutes of the school day.
- Have special time (for a walk, game or other activity) with the teacher, principal or another adult.
- Receive a "Celebrate Me" book from classmates with written stories, poems or drawings about the

birthday child.

Family Events

- Health fairs
- School garden work days
- Cooking lessons or "Iron Chef" competitions
- Physical activity events with healthy snacks or prizes (dance contests, fun runs, obstacle courses, bike-a-

thons, sock hops)

- Screenings of movies that promote healthy living
- Nutrition classes for the family from community partners like your cooperative university extension

service

- Fall festival with active fall-themed games and a farmers' market
- Walk-to-school month with parent participation
- Creation of school teams for local runs or walks
- Parents and teachers vs. kids sports competition
- 30-day challenges – pick a healthy habit and organize a competition around it, starting with a kick-off

event and ending with a celebration

Celebrations

- Give children extra recess time instead of a party.
- Have a dance party. Let students select the music. Invite the principal and other school staff!
- Get students involved in planning and preparing for celebrations – let them make decorations and favors and let them choose the games.
- Create a book honoring what is being celebrated that day. Have students draw pictures showing what the day means to them.
- Organize a special community service project instead of a party. Invite senior citizens in for lunch, collect goods and make cards for sheltered families, organize a project outside for Earth Day. - 19 -
- Have students vote on a special class art project or craft. Invite a local artist to come in and do a demonstration.
- Arrange a treasure hunt around the classroom. Provide a special non-food treat at the end. Use a theme that ties into what the kids are learning in class.
- Ask students to come up with healthy party ideas, and ask parents to send in healthy recipes and ideas for activities, games and crafts. Create a “healthy classroom party guide” to distribute to parents.
- Plan around holiday themes. Students can make cards for winter holidays, decorate the classroom with hearts for Valentine’s Day, and learn an Irish step-dance for St. Patrick’s Day. Search education websites for ideas.

When food is offered

- Make good nutrition the expectation and the easy choice — offer fruits, vegetables, whole grains, low fat/fat-free dairy products and water.
- Check your school’s wellness policy to see if they contain any guidelines or goals about foods for birthdays, celebrations, and family events. If they don’t, find out what it would take to address this issue.

Promote Healthy Living

- Plan family events that get parents engaged and on board with healthy living, as this will create more

buy-in and support for a healthy school food culture. It also makes it more likely that healthy habits will be reinforced at home.

Resources

- Coalition for Activity and Nutrition to Defeat Obesity (CanDo) & Healthy Kids Club
- Guide to Healthy School Celebrations: www.ActionforHealthyKids.org/HealthyPartyGuide-CanDo

Action for Healthy Kids® fights childhood obesity, undernourishment and physical inactivity by helping schools become healthier places so kids can live healthier lives. We partner with a legion of dedicated volunteers – teachers, students, moms, dads, school wellness experts and more – to create healthful school changes. Our programs, tools and resources make it possible for everyone to play their part in ending the nation’s childhood obesity epidemic. Creating a healthy school food culture is a critical step towards reversing the national health crisis facing our children.

www.ActionforHealthyKids.org

¹ Adapted from “Healthy Celebrations,” Connecticut State Department of Education, May 2005 & “Healthy Celebrations at School,” Ohio Action for Healthy Kids, 2012

APPENDIX C Healthy Classroom Snacks

About this guide

All snacks listed in this guide have been selected because:

- They meet the healthy snack guidelines for all Americans set by the USDA and the standards set forth by the Alliance for a Healthier Generation.
- They do not contain peanuts and tree nuts as ingredients and their packaging lists no warnings that such allergens may have been introduced as part of the manufacturing process;
- They are readily available at your local supermarket or health food store.

These snacks are a healthy way to celebrate special occasions in the classroom while maintaining the goals set by Islamic Academy of Delaware’s Wellness Plan. We believe these snacks provide a good means of limiting the potential for allergic reactions in the classroom but it is up to the parent of a child allergic to these foods to determine each snack’s suitability depending upon the circumstances specific to the child.

Please read and understand the following disclaimer before using this guide:

Please note:

- All snacks must be given in the recommended serving amount listed on package or in a package that contains a single serving. This serving information is listed on the first line of the snack’s Nutrition Label.

FRESH FRUIT & VEGETABLES

- All pre-cut fruit and/or vegetables trays from supermarkets
- May add 1.5 ounce (packet) of low fat dressing per student
 - All whole fruits and vegetables (no at-home preparation)
 - Fruit cups or fruit canned in light syrup

PRETZELS

- Rold Gold – Whole Grain Heartzel Pretzels
- Herr's – Extra Thin, Whole Grain Pretzel Sticks Honey Wheat
- Pepperidge Farm – Whole Grain Goldfish Pretzels

POPCORN

- Bachman – Light Popcorn
- Wise – Reduced Fat Butter Popcorn
- Herr's – Light Popcorn

RICE SNACKS

- Quaker Rice Cakes – Salt Free, Apple Cinnamon, Butter Popped Corn, White Cheddar, Chocolate Crunch, Caramel Corn
- Lundberg Organic Rice Cakes – Rice with Popcorn, Brown Rice, Mochi Sweet, and Sweet Green Tea

POTATO CHIPS

- Baked Ruffles – Original, Cheddar & Sour Cream
- Baked Lays – Original, Sour Cream & Onion
- Herr's – Baked Barbecue, Baked Salt & Vinegar

CRACKERS

- Keebler – Zesta Whole Grain Saltines
- Triscuit – Brown Rice & Wheat: Sweet Potato & Sea Salt, Roasted Sweet Onion, Sea Salt & Black
 - Pepper, Tomato & Sweet Basil, Roasted Red Pepper

GRAHAM CRACKERS

- Pepperidge Farm – Whole Grain Goldfish Graham Crackers
- Keebler Grahams – Gripz Cinnamon, Scooby-Doo! Crackers Sticks
- Teddy Grahams – Cinnamon, Honey, Chocolate, Chocolatey Chip, Strawberry Banana, Mixed Berry

CEREAL BARS

- Kellogg's Rice Krispies Treats – Whole Grain Original

DISCLAIMER: ALL INFORMATION REGARDING INGREDIENTS AND MANUFACTURING PROCEDURES WERE COMPILED FROM CLAIMS MADE BY THE PRODUCT MANUFACTURERS ON THEIR LABELS OR THROUGH OTHER MEANS AND MAY ALREADY BE OUT OF DATE. ALTHOUGH EVERY EFFORT HAS BEEN MADE TO BE AS ACCURATE AS POSSIBLE, WE DO NOT ACCEPT ANY LIABILITY FOR ERRORS OR OMISSIONS MADE BY US OR THE PRODUCT'S RESPECTIVE MANUFACTURERS. THIS LIST IS FOR INFORMATIONAL PURPOSES ONLY AND IS INTENDED TO SERVE AS A GUIDE, NOT AS AN AUTHORITATIVE SOURCE. PRIOR TO PURCHASING ANY LISTED FOOD ITEM, IT IS YOUR RESPONSIBILITY TO CHECK THE PRODUCT LABEL TO ENSURE THAT UNDESIRED ALLERGENS ARE NOT INCLUDED AS INGREDIENTS AND TO VERIFY WITH THE MANUFACTURER THAT TRACE AMOUNTS OF UNDESIRED ALLERGENS WERE NOT INTRODUCED DURING THE MANUFACTURING PROCESS. CURRENT FDA LABELING GUIDELINES DO NOT MANDATE MANUFACTURERS DISCLOSE POTENTIAL ALLERGENS THAT MAY BE INTRODUCED AS PART OF THE MANUFACTURING PROCESS.

Beverages

- 100% Juice, 4 oz (Apple or Orange)
- Bottled Water, 8 oz
- Bottled Water, 16.9 oz
- Low-fat 1% White Milk (8 oz.)
- Nonfat Chocolate Milk
- Nonfat Strawberry Milk

APPENDIX D Fundraising Ideas

- Raffle
- Candles
- Book sale
- Cookbook
- Car wash
- Walkathons
- Student artwork
- Stuffed animals
- Stadium pillows
- School photo ID
- Educational games
- Holiday decorations
- Shopping donation programs
- School mascot temporary tattoos
- Faculty and/or student talent show
- Teacher/student sports competition
- Auction of donated goods and services
- Balloon bouquets for special occasions
- Bottled water with the school's own label
- Refillable water bottle with the school logo
- Glow in the dark novelties (popular at dances)
- Greeting cards, especially designed by students
- School calendars with all the important school dates on them
- Party bags for kids' birthday parties filled with non-food novelties
- Sale of flowers and balloons for the family to purchase for student graduates
- School spirit items — tee-shirts, sweatshirts, sweatpants, lanyards, pennants, bracelets and caps
- Growing and/or selling flowers and plants for holidays such as Valentine's Day and Mother's Day