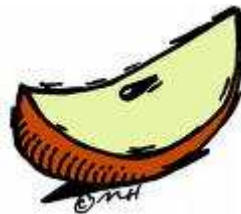


# HERMOSA SNACK GUIDE



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# **HERMOSA SNACK GUIDE**

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## **I. Introduction**

This guide is aimed at educating parents on state health recommendations regarding food served at schools without commercial grade kitchens and food licenses, and to provide some suggestions for healthy snacks that conform to these health codes. Hermosa has always encouraged wholesome snacks, but the newly enforced regulations explained in detail in section two, pose a greater challenge to find snacks that meet this requirement. Despite this challenge, we are hoping parents can work together to help Hermosa continue to provide the best snacks for our students.

## **II. State Health Recommendations**

According to state health codes and recommendations, any food served at schools and child care facilities without commercial grade kitchens and food licenses **MUST** be store bought and pre-packaged in **INDIVIDUAL** servings. Snacks served at school cannot be prepared at home or school to avoid the risk of transmitting food-borne illnesses. Any snack that does not fit these criteria will not be accepted.

### **III. Snack Criteria**

#### **a. Nutritional Guidelines**

Hermosa has always aimed to promote good nutrition by encouraging snacks that contain whole grains, fruit and vegetables, and simple proteins. Snacks not only provide the energy and nutrients that our growing kids need, but also teach good eating habits that last a lifetime. The goal of healthy snacking should be to combine two different food groups, such as protein and carbohydrate and to limit excess sugars.

Below are a list of criteria for healthy snacks and a list of things to avoid when choosing snacks. With the growing snack market it can be difficult and sometimes confusing to choose a truly healthy pre-packaged snack. For example, 'fruit snacks' are marketed as containing 100% vitamin C, but contain no fruit and a great deal of sugar making them no more than candy. Please keep in mind that foods marketed for children are often loaded with sugar and fat. A good rule of thumb when reading ingredients is 'keep it simple'. Fewer ingredients mean less processing.

#### ***Healthy Snack Criteria:***

- 100% Whole Grains
- Organic, cane sugar, fructose or fruit juice sweetened
- Dried fruit or canned/cup fruit without added sugar
- Fresh packaged vegetables
- Dairy, such as cheese or yogurt without corn syrup or added colors

#### ***Some things to avoid\*:***

- High fructose corn syrup
- Artificial sweeteners of any kind
- Artificial flavors

*\*Please note: parents will be made aware of food allergies in the classroom and there may be further restrictions noted on the monthly snack calendar. See next section for more information on food allergies in the classroom.*

## **b. Snack Ideas**

The following are some suggestions for appropriate pre-packaged snacks and where they can be purchased.

### Trader Joe's

- 100 calorie packs, multi grain, cheese, or graham crackers
- This 'fruit' walks into a bar cereal bars
- String cheese or cheddar cheese sticks
- Smooth and creamy 4 oz. yogurt cups
- Stonyfield Farms yogurt tubes
- Individually packed baby carrots with or without dip
- 100% Fruit leather
- Ind. Servings of applesauce (no sugar added)

### Grocery Stores

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- Individually boxed raisins
- Individually packed baby carrots
- Individually packed whole grain crackers
- Healthy Handfuls Organic Crackers
- Yogurt tubes
- Danimals yogurt drinks
- Applesauce cups, no sugar added
- Dole, Del Monte, and store brand diced fruit (no sugar added)
- Nature Valley Granola Bars

### Target

- Individually packed Back to Nature Cheese Crackers
- Cheese sticks and bars
- 100% Fruit leather and fruit bars
- Individually Whole grain crackers
- Applesauce cups, no sugar added
- Diced fruit cups
- Yogurt cups and drinks

## **IV. Special Circumstances**

### **a. Food Allergies**

Parents will be notified of any food allergies that impact the classroom at the beginning of the year. Please be aware of any restrictions when choosing snack. Labels will be carefully inspected by the teachers. Common food allergies include nuts and dairy.

### **b. Celebrations**

Birthdays and certain holidays are celebrated in the classroom throughout the year and parents often like to send a treat on this day. Unfortunately, regulations disallow any home baked goods, so that brings us back to pre-packaged goodies. Here are a couple of suggestions for birthday treats:

- Individual ice cream cups or treats
- Pudding cups
- Tofutti Cuties (dairy free ice cream treats)