

Halfway Schools Snack Guidelines:

Adapted October 2018

With the understanding that more than a quarter of kids daily calories come from snacks, and the knowledge that kids who have healthy eating patterns are more likely to perform better academically, it is the goal of Halfway R-3 district to ensure that snacks consumed at school are healthy for our students.

For the health and safety of all students, please check with school nurse to see if any students in the class have food allergies

Snack time: Many classes are participating in snack time at some point in time throughout the school day. If one student is providing for the entire class, it must be individually packaged from the store (no homemade or home-packaged food). No candy bars.

Some healthy snack suggestions include (but are not limited to):

1. Fruits and Vegetables
2. Cheese
3. Nuts, seeds, or nut/seed butter (check with school nurse for food allergies)
4. Trail mix of only dried fruits and nuts and/or seeds
5. Pretzels
6. Popcorn
7. Crackers (such as goldfish or cheese crackers)

Celebrations (such as birthdays): Appropriate times and foods **MUST** be arranged with the individual classroom teacher as all schedules are different. All foods **must** follow "snack time" guidelines. Sorry for any inconvenience, but Birthday cupcakes or pieces of cake will **NOT** be distributed.

Class parties: Split can be 50:50 between "healthy" food and "non-healthy" food. "Healthy" would be anything that begins in whole grain or has a fruit or vegetable as the first ingredient. "unhealthy" is anything else.

*For all occasions, Beverages must be either water, milk, or 100% fruit juice.