



FSD 145

Freeport School District

Mrs. Amanda Williams
Director of Nutrition & Dining Services
FSD 145 Central Office

Dear Families,

As we continue to support student learning by promoting healthy habits for life-long nutrition practices, Freeport School District 145 will begin fostering the healthiest environment we can for our students. As the 16-17 School Year begins, we are encouraging you to provide only healthy snacks for school snacks, classroom parties and celebrations. We understand that snacking isn't bad for our students, but what they snack on is important. Not only do healthy snacks benefit our students by promoting growth and productive learning in the classroom, but they also help your student to learn what healthy food choices are for the future.

During the 14-15 school year the USDA implemented a new program called Smart Snacks, and provided our school district with recommendations and guidelines that we must follow during the school day (midnight – 30 minutes after the dismissal bell). Additional information regarding this program can be found in the 16-17 school year student handbook.

Please read the enclosed information to help you plan for and choose healthy snacks. We want your children (our students) to be the healthiest they can be.

Examples of healthy snack foods:

- *Whole Grain Cereal with Skim Milk or Cereal Bars
- *Low-Fat String Cheese
- *Apple Slices, Bananas, Red or Green Grapes, Oranges (cut into wedges)
- * Low Fat Flavored Yogurt
- *Graham Crackers, Pretzels, Baked Chips, Whole Grain Goldfish and Whole Grain Cheezits
- *Popcorn
- * 100% Fruit Juice or Water (non-caffeinated)
- *Low-Fat Pudding Cups

Unacceptable snack items: Candy, Soda, Cookies, Cake or Cupcakes, Chips (Baked are acceptable).

As the year continues, please do not hesitate to reach out to me directly at 815-801-0105 or at amanda.williams@fsd145.org with any questions or concerns regarding Nutrition & Dining Services.

Sincerely,

Amanda Williams



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WHAT'S A HEALTHY SNACK?

Children need healthy snacks for energy, vitamins, minerals and other nutrients, and to help them grow, learn and be active. Healthy students are better able to pay attention in class and do their best school work. The Illinois Nutrition Standards include recommendations for all food and beverages served at schools, including snacks that are served during the State established school hours (Midnight – 30 minutes after student dismissal). Offering healthy snacks makes being healthy the easy choice for kids.

PLANNING HEALTHY SNACKS

A good guideline to follow when choosing foods for healthy snacks is to choose foods and beverages that are low in fat and sugar and are minimally processed. Snacks that are especially good for kids (and adults) are fruits and vegetables, low-fat dairy products such as milk and yogurt, and whole-grain foods including whole-wheat tortillas, bread, and cereal. Processed, less-healthy snack foods such as chips, sugary drinks, candy and cake are OK to eat in small moderation at home, however, these foods usually have a lot of extra and unnecessary fat, calories, salt and/or sugar.



A good way to create a healthy snack is to include two foods from two different MyPlate.gov food groups.

The food groups are:

- **Protein**—lean meats, legumes, tofu, and nuts
- low-fat **Dairy** foods such as milk and yogurt
- **Fruits** and 100% juice
- **Vegetables** and 100% juice
- **Grains** such as bread, cereal, crackers and popcorn

OTHER HEALTHY SNACK TIPS

Whether your child eats his or her snack at home or at school, or if you provide a snack for a classroom party or celebration, keep these things in mind:

1. **Snacks should be kid-size.** Both children and adults don't need large portions.
2. **Snacks should be colorful.** Kids eat with their eyes. Make snacks visually appealing.
3. **Snacks should be healthy.** Offer fruits and vegetables as often as you can.
4. **Drinks should be served in small portions, about a 8oz cup each.** Water is a healthy choice.