# SJA Snack and Drink Policy

ST. JOSEPH ACADEMY
(SJA)

| | |
|---|---|
| Department: | Health and Wellness |
| Number: | 700.2 |
| Effective Date: | 5/29/2024 |
| Review Date: | 5/29/2024 |
| Revised Date: | 5/29/2024 |
| Page: | 1 of 2 |

I. Policy: SJA's Healthy Classroom snack and drink list was developed to help parents and school staff select healthy and nut-free snack options when bringing in snacks for the entire class for events such as birthdays, holidays, rewards, etc. Students who have healthy eating patterns are more likely to perform better academically. Choosing healthy snacks is easy when healthy snacks and drinks are the choices.

II. Check with your student's teacher about any students who may have food allergies and check ingredient and nutrition labels to ensure food items are free of offending allergens. Individual prepackaged snacks with nutrition/ingredient labels are recommended. Snacks with nuts, peanuts and seeds are NOT recommended

**It is our policy that all snacks must be brought to the office. Items that do not meet the standards of the snack policy, will be returned to the parent.**

**III. Suggestions for Healthy Classroom Snacks**

- 100% fruit juice with no added sugar
- Fat free or low fat yogurt; yogurt tubes
- Fruit cups canned or frozen
- Fresh fruit and vegetables
- Whole grain crackers
- Cheese and cracker/pretzel packs
- Pretzels
- Graham Crackers
- Popcorn
- Baked chips
- Pudding
- Fat free or low fat pudding
- Whole grain bars
- Cheese sticks or slices
- Goldfish crackers
- Animal crackers

**IV. Suggestions for Birthday and Other Celebrations - Food / Non-Food Ideas**

We know that birthdays and other celebrations are important to every child and that kids like to celebrate with their classmates. Birthdays can be celebrated with healthy snacks above or a more sugary prepackaged snack. See below for examples.

- Fruit Snacks
- Mini Muffins
- Frosted Animal Crackers
- Cookies (no nuts, seeds or peanut butter)
- Jello
- Pudding Cups
- Rice Krispie Treats
- Little Debbie Snacks / Gansito
- Chips ( Takis, Potato, Nachos)

**Below are some suggestions for non-food celebrations and rewards. Check with your child's teacher first to make sure the birthday plans fit into their schedule.**

- Bring party favors in for each classmate (bouncy balls, erasers, stickers, decorative pencils, bracelets, notepads, whistles, bubbles, washable tattoos, chalk, etc.).
- Buy something for the classroom (books, board games, music, art supplies, playground equipment, plants or flowers, etc.).
- Connect with your child's teacher to learn about other non-food celebrations or rewards that promote wellness. Some ideas might include extra recess time and free choice time.

Approved by: _____ Date: 7/2/24

President/CEO