

Monongalia County Schools Child Nutrition Services

Guidelines for Classroom Snacks and Celebrations

The revised WVDE Policy 4321.1 - Standards for School Nutrition – becomes effective January 2, 2018. These guidelines are in place to preserve the high standards of health and wellness for all West Virginia students. WVDE will abide by statutory regulations set forth by USDA in the operation of the federally-funded child nutrition programs. Local Wellness Policy will provide guidelines to support good nutrition and food safety for any outside foods made available to the general student population for any approved classroom celebrations.

- Student’s health, wellness and safety must be considered at all times.
- Students with special dietary need and severe food allergies need to be accommodated. Always check with classroom teacher or school nurse for students with food allergies.

Smart Snack Standards in Schools guidelines help kids obtain healthy options. Keep these in mind:

- Total calories must be less than 200
- No more than 35% calories from fat with zero trans-fat.
Fats from nuts and seeds are excluded from the percentage of calories from total fat since they are nutrient rich foods providing a good source of plant protein, vitamins and minerals.
- No more than 200 mg sodium
- No more than 35% of calories from sugar
Sugars from fruits are excluded from the percentage of calories from sugar.
- Bottled water, 1% or fat-free milk and 100% fruit or vegetable juice are permitted drinks.

Examples include:

- 100% frozen fruit juice bars
- Low-fat yogurts
- Purchased fruit and vegetable, dry fruit, washed whole fruit, whole grain bars, packaged low fat cheese sticks, baked chips or whole grain snack bars or crackers

Children may make snacks in the classroom. For example:

- Trail Mix - Bring in packaged bags of raisins, dried fruits, pretzels, unsweetened dry cereal, sunflower seeds, salt-free seasoning
- Punch- Bring in a variety of 100% fruit beverages and sparkling water.
- Fruit Smoothie – Fruit juice, low-fat yogurt, fresh fruits, wheat germ
- Fruit and Vegetable dip made with low-fat yogurt
- Popcorn, air popped without added salt or oil

Non-food activities and awards are also great alternatives to snack items. Planning games and activities that provide physical activity for the classroom is also a fun way to celebrate.