

# WELLNESS POLICY REMINDERS

*In compliance with Section 204 of Public Law 108-265 –June 30, 2004, and recommendations by the Massachusetts Department of Elementary and Secondary Education and Public Health, the Longmeadow School Committee approved a Wellness Policy on June 12, 2006. The intent of this policy is to outline the district's ongoing commitment in support of wellness in the areas of nutrition, physical activity, and other school-based activities that promote health and wellness.*

## The following are reminders about the Wellness Policy

- Chartwells
  - Peanut free cookies and pizza are available
    - Ordering information: [www.longmeadow.k12.ma.us](http://www.longmeadow.k12.ma.us)
    - Click left hand side, Catering Menu
- No home-baked goods for in-school/class celebrations
- May bring in wrapped, store-bought food with ingredients listed on the package as long as they comply with the nutritional guidelines (see below)

**Nutritional Guidelines:** <http://www.actionforhealthykids.org/assets/clubs/mafkh-guidelines-revised-dec.pdf>

- Only 100% juice, water, milk will be allowed for school/classroom celebrations – no soda
- 10 grams of fat or less per snack serving
- Snack foods must be in portions of 2oz or less
- No nuts or peanuts due to the high incidence of life-threatening allergies
- No candy
- No trail mix – this contains nuts

### **\*SAFETY FIRST**

**Please read all labels regarding the equipment that food items are processed on as this may pose a significant and life-threatening impact on a student if there is failure to do so.**

### **Healthy Snack Ideas**

- Fresh fruit tray—whole, wedges, slices (*due to possible cross contamination, all fruit must be cut up at school*)
- Fresh vegetable tray (baby carrots, grape tomatoes, celery sticks, cucumber spears, red and green pepper strips, cauliflower and broccoli florets) with reduced fat ranch or yogurt-based dip (*due to possible cross contamination, all vegetables must be cut up at school*)
- String cheese, cheese cubes or slices with whole grain crackers
- Low fat pudding cups, low fat yogurt squeeze packs or cups
- Pretzels, low fat popcorn
- Animal crackers, graham crackers, oatmeal raisin cookies
- Frozen 100% fruit pops

### **Non-Food Ways to Celebrate**

- Donate a book to the school library or classroom in honor of the child's birthday with a personalized gift acknowledgement plate inside
- Donate playground/physical activity equipment – jump ropes, balls etc.
- Celebrate with active games chosen by the student
- Have a dance party
- Engage students in a special art project

**Thank you for your cooperation.**

*We are continuing to monitor the effectiveness of implementation of these guidelines. If there are significant issues with non-compliance with the District Policy, we may have to go to a no-food policy for in-school celebrations.*