PERU CENTRAL SCHOOL DISTRICT WEELLINESS Policy Resource Guide





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PERU'S FOOD SAFETY GUIDELINE What are the Smart Snacks Standards for food?

To qualify as a Smart Snack, a snack or entrée must first meet the general nutrition standards:

- Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; and
- The food must meet the nutrient standards for calories, sodium, sugar, and fats:

Nutrient	Snack	Entrée
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0 g	0 g
Sugar	35% by weight or less	35% by weight or less

FOOD FOR THOUGHT

"Overweight kids have a 70-80% chance of staying overweight their entire lives." (3)

EXAMPLES OF HEALTHY PARTY OR BIRTHDAY SNACKS

As of January 2014, foods brought in to school to share with the whole class must be from an approved facility with a full listing of ingredients on the packaging and must meet the USDA Smart Snacks Standard. Homemade or home prepared snacks for the classroom are prohibited. This is to ensure the health and safety of all students at Peru Central School. This does not apply to snacks that the parent provides to their individual child.

Snack suggestions taken from the Alliance for a Healthier Generation's Smart Food Planner

- .87 oz Lay's BBQ or .87 oz. Lay's regular or .87 oz Lay's sour cream and onion or .87 oz Tostitos Scoops. Frito-Lay's line of Oven Baked snacks are baked, not fried, to give you the great taste you've come to love with Frito-Lay snacks. On top of that, Lay's Oven Baked Barbecue Flavored Potato Crisps offer 65% less fat than regular potato chips. Fat content for regular potato chips is 10g per 1 oz serving. Fat content for these snacks is 3g per 1 oz serving. Each package contains 0.875 oz
- Classics Cheese Balls .75 oz
- 1 oz Doritos Nacho
- 1 oz Herrs Baked Chips
- Cheetos Crunchy Baked Cheese Flavored Snacks 0.875 oz Size: 0.88 oz
- Frito-Lay's line of Oven Baked snacks are baked, not fried, to give you the great taste you've come to love with Frito-Lay snacks. On top of that, Cheetos Oven Baked Crunchy Cheese Flavored Snacks offer 50% less fat than regular cheese flavored snacks. Fat content of regular cheese flavored snacks is 10g per 1 oz serving. Fat content for these snacks is 5g per 1 oz serving. Each package contains 0.875 oz
- Chex Mix
- Whole wheat Goldfish Crackers Cheddar
- 7 oz Tropical Fruit in juice or any 7 oz. fruit cup in 100% fruit juice
- Pre-packaged apple slices
- Fresh fruit that can be washed at school
- Low fat yogurt
- Hunt's Snack Pack Pudding, Chocolate, Fat Fee, Snack Pack: 4 oz
- 3.2 oz OR 3.9 oz Applesauce cups
- Raisins
- 1.55 oz Welch's Fruit Snacks
- Kashi Chewy granola bars 1.2oz
- Nature Valley(R) Chewy Granola Bar, Chocolate Chip & Oatmeal Raisin, Chocolate Chip or Fruit and Nut, 0.5 oz EQ GRAIN. Meets USDA Whole Grain-Rich Criteria.
 Whole Grain Oats - First Ingredient. Includes Nature Valley? Chewy Chocolate Chunk and Chewy Oatmeal Raisin bars made with 100% natural rolled oat
- Quaker chewy granola cereal bars, Whole Grain, Strawberry, Apple Cinnamon Individually Wrapped
- Nutri-grain cereal bars Any flavor 1.30Z
- Pop-tarts frosted strawberry or brown sugar cinnamon 1.76 oz
- Animal crackers 1 oz
- Honeymaid graham crackers
- Keebler graham cinnamon or honey crackers 1 oz
- Kellogg Special K Crackers
- Muffins, Whole grain, any flavor



BIRTHDAY ICE CREAM TREATS

- Vanilla flavored low fat ice cream sandwich
- Blue Bunny Cool Daze sundae crunch ice cream bar chocolate 3 oz
- Vanilla flavored low fat ice cream with a chocolate fudge center enclosed in a chocolate crunch coating 3 oz
- Blue Bunny Cool Daze sundae crunch ice cream bar strawberry 3 oz
- Vanilla flavored low fat ice cream with a strawberry center enclosed in a strawberry coating crunch
- Banana Cream Tropi-Kool fruit bar
- Low fat chocolate ice cream dessert cup 3 oz, any flavor but must be low fat



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FOOD FOR THOUGHT

"Because of the increasing rates of obesity, unhealthy eating habits and physical inactivity, we may see the first generation that will be less healthy and have a shorter life expectancy than their parents." (2) (3)





HEALTHY BIRTHDAY CELEBRATIONS AT SCHOOL

Keep in mind that each student's birthday can mean multiple celebrations: one at home with family, a party with friends, and then another at school. Snack foods do not need to be a part of school parties. At Peru CSD, we seek to find ways to recognize each child, celebrate with them, and make them feel special. This year, each grade-level will provide a "Birthday Card," which includes a number of ways your child can choose to celebrate his/her birthday at school. Please contact your child's teacher for a copy of the grade-level "Birthday Card."



Let's Party! From birthdays to holidays, there are many celebrations in elementary schools.

Oftentimes, food comes along with the fun. Just one school party can include pizza, sugary juice drinks, chips, cake, and ice cream, plus a goodie bag with candy!

Offering so many treats on a regular basis can contribute to unhealthy eating habits. However, with a few easy changes, parents, teachers and school administrators can shift the focus of school parties from unhealthy food to healthy fun!

Ideas for Healthier Classroom Celebrations

- Have a scavenger hunt for items or information in the classroom or around the school
- · Have children search for items related to the party theme
- Provide "free choice" activity time at the end of the day
- Provide extra recess time
- Celebrate creatively by setting up craft stations and playing music in the background. Ask parents to provide supplies such as clay, craft paper, pencils, markers, paints and stickers. For holiday craft ideas: www.dltk-kids.com/crafts/holidays.html
- · Plan special party games or have a dance party
- Read a children's book related to the party theme
- Allow children a trip to the treasure box (parents can supply it with small toys, books, note pads, paints, etc.
- Allow students to pick a book of their choice and ask the principal or a parent to come in and read it. (For a list of children's holiday books visit): www.childrensbooks.about. com/od/holidays/Holidays.htm
- Choose a holiday story to read. (Visit http://www.popularchildrenstories.com/ holidaystories.htm)

**Check ingredient statements and nutrition information to ensure items meet the USDA Smart Snacks in School Nutrition Standards. Ensure food allergies of any participants are known before serving any food item.

PHYSICAL ACTIVITY BREAKS



JAMmin' (just a minute): Weekly workout routines that include 5 movements and a Health Tip. These routines are sent to our email address when you sign up for the free program. A Physical Activity Leader in the school district can also print this out and put it in their staff's mailboxes at the beginning of every week.

Grade Level: Appropriate for all elementary students **Website:** http://www.healthetips.com/index.php **Example:** http://www.healthetips.com/videos.php7.psf

Brain Breaks provides two series (50+ lessons) of physical activity lessons tied to various subjects. These were created by teacher education students from a number of colleges to assist with increasing physical activity in the classroom.

Grade Level: K-6

Website: http://www.msmspe.com/uploads/4/7/1/1/47116129/brain_break_ ideas_for_teachers.pdf

GoNoogle: Noodle makes movement and mindfulness an integral part of the day, at school and at home. It's a brain break for students.

Grade Level: K-6 Website: https://www.gonoodle.com/ Example: https://www.youtube.com/user/GoNoodleGames

NASPE Monthly Physical Activity Calendars: Get Moving Today Activity Calendars are full of creative ways to get students (and adults) to move in difference ways. The monthly calendars provide fun, innovative suggestions perfect for home or classroom and can be sent home with students, features in newsletters and bulletin boards. There are calendars for all different age groups.

Grade Level: Early Childhood, Elementary, Secondary **Website:** https://portal.shapeamerica.org/publications/resources/ teachingtools/teachertoolbox/activity-calendars.aspx

FOOD FOR THOUGHT

"Moving Less: Almost one in four children do not participate in any freetime physical activity. Additionally, the average American child spends four to five hours in front of the TV, computer or video games every day". (3)



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CONSTRUCTIVE CLASSROOM REWARDS

Food and beverages are not to be used to reward or punish any student. Teachers will be provided a list of alternative ideas. We strongly recommend staff use physical activity as a reward when feasible.



NON-FOOD REWARD IDEAS

There are many examples of non-food rewards that meet both kids' and the Alliance's approval. Here a few of our favorites:



CHOOSE A PRIZE

Pencils or erasers

- Stickers
- Books

Entering a drawing or raffle for a bigger prize

Earning tokens or points toward a prize

-

GET MOVING

Lead a special physical activity break

Host a special event such as a dance or kiteflying party

Provide extra recess or PE time

Turn on the music and let students dance for a few minutes

Give students the opportunity to lead an activity

SHAKE UP YOUR ROUTINE

Let the student choose a special activity

Provide a few minutes of extra free time

Allow student to select a special book

Let student go first for an activity

Give a "no homework" pass

Host a special dress day where students can wear hats or pajamas

SHOW RECOGNITION

Give out certificates or ribbons

Post recognition signs around the school or on a prominent bulletin board

Give a shout-out in the morning announcements

Call or send a letter home to a parent

Resource links to Non-Food Reward Ideas:

https://www.healthiergeneration.org/_asset/tljc7f/12-5933_NonFoodRewards.pdf https://cspinet.org/sites/default/files/attachment/Non-Food%20Rewards_1.pdf

FOOD FOR THOUGHT

"Obesity among U.S. children and adolescents 2 to 19 years of age has tripled over the past two decades." (1)

CREATIVE FUNDRAISING IDEAS

According to the Peru Central School's Board of Education policy, fundraisers will consider the sale of non-food related items-see the Resource Guide. It is recommended that schools avoid participation in fundraising and corporate incentive programs that promote a message inconsistent with our goals for a healthy school community. Therefore, this section is included to provide creative fundraising ideas that do not involve selling food that does not meet USDA nutritional standards.

Fundraising Items

- Kitchenware (Tupperware/Pampered Chef)
- Penny wars (pennies 1 point, nickels 5, dimes, 10, quarter 25, most point wins
- Candles
- Singing Telegrams
- Flowers/plants/bulbs
 Competitions (teacher vs. students)
- Seasonal fruits and vegetables Nontraditional competitions (softball in snow, snow sculpture contests)
- Holiday cards & stationary, gift wrap Bottle Drive

- Craft sales/school yard sale Concessions (healthy only)
- Baskets, jewelry, picture frames
- Sell/rent wishes
- Lotions/soaps/bath accessories Principal/teachers do silly things for money
- Magazine/website subscriptions Holiday items (wreaths, cards)
- Books, calendars, discount & coupon books Pens, pencils, erasers
- Frisbees/jump ropes
- Personalized buttons/pins

School spirit items with school name or logo: sweatshirts, hats, visors, water bottles, decals/bumper stickers, rub-on tattoos, calendars, mugs/koozies, stadium seats, blankets, license plate holders

Other Fun Ideas

- Talent Shows/school plays
- Art show selling school art drawings
- Bowl-a-thon
- Walk-a-thon or jog-a-thon
- Family fun night
- Golf or other sports tournament
- School carnival
- Walk/bike/dance/bowl/jump rope-a-thons

Fundraisers to Avoid

- Bake sales
- Candy, cookie dough and doughnut sales
- Fundraisers at fast-food restaurants

- Car washes/pet washes
- Dances family/kids/father & daughter
- · Carnivals/festivals/field day
- Live or silent auction
- Family/glamour portraits
- Rent-a-teen helper (rake leaves, water gardens, mow laws, wash dog)
- Car wash
- Label redemption programs or sales of foods/beverages of poor nutritional quality
- Pizza or pizza kit sales



FOOD FOR THOUGHT

"Over one in three children and teens in the U.S. are overweight or obese." (3)



HERE ARE SOME CREATIVE FUNDRAISING RESOURCES

Fruit:

Cushman's Fruit Company Fruits, fruit arrangements For more information, e-mail: E-mail: giving@harryanddavid.com Phone: (800)776-7575 Fax: (800)776-4326 Website: www.honeybell.com

Gift Wrap:

Cherrydale Farms Gift wrap, jewelry, calendars/healthy snacks For more information, visit: Website: https://cherrydale.com/ Phone: (800)333-4525 E-Mail: info@cherrydale.com

Champion Fundraising

Discount Cards, Custom Mugs etc. To request samples, brochures, etc., visit: Phone: (888)685-6928 Website: http://fundraisingideas.pro/

Cash Savings Card Discount cards

Website: www.cashsavingscard.com For more information, e-mail: Phone: 1-(855)403-3047 E-mail: fundraising@cashsavingscard.com

Scratch Cards:

eFundraising.com scratch cards, shirts, customized emblems For more information, call: Phone: (800)561-8388 Website: www.efundraising.com

Discount Cards Fundraiser:

Discount Cards For more information, call Phone: (888)293-9290 Website: www.thediscountcard.com

Cookbooks:

Cookbook Publishers, Inc. For more information, e-mail: E-mail: info@cookbookpublishers.com Phone: 1-800-227-7283 Website: www.cookbookpublishers.com

Morris Press Cookbooks

Personalized fundraising cookbooks For more information, visit: Website: www.morriscookbooks.com Phone: (800)445-6621

www.actionforhealthykids.org

www.eatsmartmovemorenc.com

https://www.greeleyschools.org/cms/lib/CO01001723/Centricity/Domain/3682/Healthy%20Fundrais-

ing%20Ideas.pdf

https://healthymeals.fns.usda.gov/sites/default/files/uploads/Healthy_Fundraising_Handout_Nov_2015.pdf

References

(1) CDC's NHANES Surveys (1976-1980 and 2003-2006), References, Ogden, CL, Flegal KM, Carroll MD, Johnson CL, Prevalence and trends in overweight among U.S. children and adolescents, 1999-2000. JAMA 2003;288: 1728-1732. Hedley AA, Ogden CI, Johnson CL, Carroll MD, Curtin LR, Flegal KM. Prevalence of overweight and obesity among US children, adolescents, and adults, 1999-2002. JAMA 2004;291:2847-2850. Ogden CL, Carrol MD, Flegal KM. High Body Mass index for Age Among US children and Adolescents 2003-2006. JAMA 2008; 299:2401-2405

(2) Testimony Before the Subcommittee on Competition, Infrastructure, and Foreign Commerce Committee on Commerce, Science, and Transportation United States Senate "The Growing Epidemical of Childhood Obesity" Statement of Richard H. Carmona, M.D., M.P.H., F.A.C.S., Surgeon General, U.S. Public Health Service, U.S. Department of Health and Human Services.

(3) Centers for Disease Control and Prevention [CDC]. (2013). Adolescent and school health: Childhood obesity fact. Retrieved May 6, 2013, from http://www.cdc.gov/healthyyouth/obesity/facts.htm