

99 HEALTHY SNACKS TO SUCCEED

SANDWICH ROLL UP * SMOOTHIES * YOGURT * TRAIL MIX * ALMONDS * CHEESE CRACKERS * CELERY STICKS * NUTS * A BUNCH OF GRAPES * APPLE SLICES * PUMPKIN SEEDS * WHOLE WHEAT BREAD * BANANA AND PEANUT BUTTER BURRITO * GRAHAM CRACKERS * APPLE SAUCE * CEREAL IN A BAG * RAISINS * CUP/BAG OF FRUIT * DRIED FRUITS * FROZEN ORANGE JUICE * STICKY RICE WITH MANGO * CHEESE STICK * PRETZELS * WHEAT CRACKERS * FROZEN BERRIES * CELERY WITH CREAM CHEESE * WHEAT ENGLISH MUFFIN PIZZA * CHIPS AND SALSA * CARROT STICKS * HARDBOILED EGG * SEAWEED * PITA AND HUMMUS * BROCCOLI * CASHEWS * DRIED CRANBERRIES * HOME-MADE POPCORN * ALMOND BUTTER ON APPLE SLICES * GRANOLA BARS * SUNFLOWER SEEDS * COOKED SWEET POTATOES * CHOPPED RAW VEGGIES * TOAST * 100% FROZEN FRUIT BARS * RICE CAKES WITH BANANAS * COTTAGE CHEESE WITH FRUIT * WHOLE WHEAT TOAST SPREAD WITH APPLESAUCE * FROZEN BANANA * SESAME BREADSTICKS * VEGETABLE JUICE * HALF A GRAPEFRUIT * HALF A CANTALOUPE FILLED WITH CREAM CHEESE * TAHINI ON TOAST * STEAMED BROCCOLI WITH LEMON JUICE * YOGURT TOPPED WITH CANNED PEACHES * CHEESE SLICE AND A PICKLE * MIXED DRIED FRUIT * WAFFLE WITH PEANUT BUTTER * TOMATO SLICE WITH MELTED CHEESE AND TUNA * GORP (GOOD OLD RAISINS AND PEANUTS) * SLICE OF CHEESE PAIRED WITH APPLES * CHOW MEIN NOODLES * HALF AN AVOCADO * PEANUT BUTTER AND A SLICE OF BANANA * GRANOLA * HEALTHY MUFFINS * HOMEMADE BANANA BREAD* EDEMAMBE * TRISCUITS WITH A VEGGIE* SLICED BELL PEPPERS AND CRACKERS * MINIBAGELS WITH RAISINS * MINI SANDWICHES * FRUIT BARS * GINGER SNAPS * PLAIN POPCORN * BAKED APPLE * MILK * TORTILLA WITH BEANS AND

THERE ARE OVER 75 FRUITS AND VEGETABLES TO CHOOSE FROM – TRY THEM ALL !



We care about every student and his/her health now and in the future. If you have questions or you need other ideas on making healthy food choices for your family, please do not hesitate to contact [name].

You are an important member of the nutrition team,

[],
Principal

ABC Elementary School

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San Francisco, CA 941xx

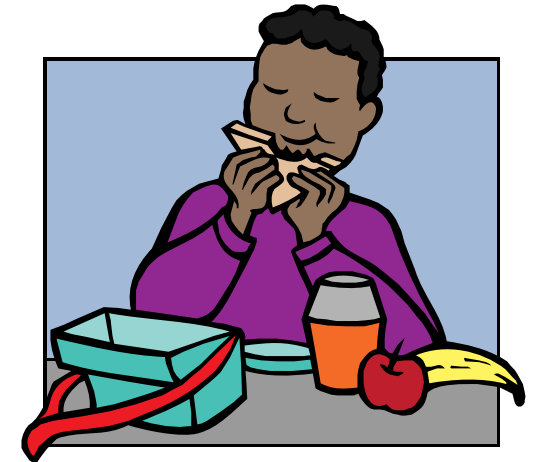
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ABC Elementary School
presents...

ABC School's Snack Guidelines



Healthy Snacks
Make Healthy Minds

Estimadas familias de ABC,

Este año nos comprometimos a crear un ambiente escolar saludable para su hijo.

El Distrito Escolar aprobó un Estatuto de Bienestar para garantizar que todos los alimentos que se vendan o sirvan a los estudiantes sean saludables y que tengan un “valor nutricional”:

- ¡Con alto contenido de vitaminas y minerales!
- ¡Ricos en proteínas y fibra!
- ¡Bajos en grasa, azúcar y calorías!

Ya que los niños aprenden de los adultos que les rodean, **animamos a TODOS a servir de ejemplo en adquirir buenos hábitos alimenticios como por ejemplo**, proveer comida nutritiva para el almuerzo, las fiestas y/o eventos y abstenerse de dar dulces como gratificación o premio. Nos esforzamos por cultivar estas prácticas en todo lo que hacemos. Esperamos que las familias traten, al igual que nosotros, de brindar opciones saludables. Los siguientes consejos son una guía que les pueden ayudar a alcanzar estas metas:

Guía para el consumo de refrigerios saludables:

- En vez de papitas fritas Consuma: palomitas de maíz simple o nueces
- En vez de dulces Consuma: frutas o vegetales
- En vez de refrescos Consuma: agua o jugo totalmente 100% natural
- En vez de galletas Consuma: barras de Granola o Bagel

Dear ABC Families,

This year at ABC Elementary we pledge to create a healthier environment for your child at school.

The School District has adopted a Wellness Policy to make sure that all the food sold or served to students is healthy and not just “empty calories”:

- High in vitamins & minerals!
- Rich with protein & fiber!
- Lower in fat, sugar & calories!

Because children learn from the adults around them **we are encouraging EVERYONE to model good eating habits for our students**, including providing nutritious food for lunches, school parties, events and refraining from using candy as rewards or prizes. We strive to reflect this in our own practices. We expect our families to try as we all try to make healthy choices. The guidelines below can help us achieve our goals:

School A B C's Healthy Snack Guidelines:

- Instead of Chips - Try: Plain Popcorn or nuts
- Instead of Candy - Try: Fruit or vegetables
- Instead of Soda - Try: Water or 100% Juice
- Instead of Cookies - Try: Granola or Bagel



New fact here and picture—studies show

各位家長:

本年我們向各位作出承諾，要營造一個更健康的環境，提升各位子女在校的學習。

校區已通過一個健康政策，確保學校所出售或供應給學生的食品都健康，不致徒有

熱量而沒有營養。所有出售或供應給學生的食物應:

- 營養和礦物質成份高!
- 含有豐富蛋白質和纖維!
- 含有較低的脂肪、糖和熱量!

兒童會模仿他們周圍成人的行為，故此我們鼓勵各位以身作則，樹立好榜樣，為

子女預備富有營養的食物，供午餐、聯歡會時食用，並且切勿以糖果作獎品。在這

方面，我們會努力去付諸實行。我們同時期望家長跟我們一樣，設法作出健康選

擇。以下指南可幫助我們達到我們的目標:

ABC健康零食指南

- 不吃薯片 改吃清淡的爆米花或堅果
- 不吃糖果 改吃蔬果
- 不喝汽水 改喝水或純果汁
- 不吃餅乾 改吃Granola麥片或百吉餅 (Bagel)