Smart Snacking in * Sycamore Schools *

Presentation for our parents, school staff, PTO’s, & community partners
Why Healthy Snacks?

- Know: Kids learn better when they’re healthy
- Goal: Educate ourselves about healthier eating
- Result: Make school a healthier place
WHY NUTRITION?
How to help your students flourish

School Wellness Policy
Meet the unique needs of your students to promote student health, well-being, and ability to learn.

Learning Connection
Increasing physical activity and promoting healthy food choices promote academic success.

Research
Evidence shows that early intervention focused on health is key for effective function of the brain and cognition.

Teachers

Foodservice

Administration

Parents

Policy

Systems

Environment

Example:
School creates a written statement for an outdoor track to be used for activity outside of school hours.

A farm-to-school system that links farmers and local distributors with new retail.

Healthy eating poster or educational materials available to a school cafeteria.

Fewer Absences
Higher Academic Achievement
Financial Boost for the School
Score Higher on Standardized Tests

Increase Brain Activity
Higher Self-Esteem
More likely to Graduate from High School

Created by: Veronica Shankel
Dietetic Intern, Northern Illinois University; October 2014
Healthy Snacks contribute to:

- Growth
- Energy
- Proper nutrients
- Enhancing academic performance & memory
- Reducing impact on ADD & behavior

From Prezi “Smart Snacks So Sweet” Pre-school parent workshop by fudha Airowili, Hawazin Alkhattabi, Mai Elhayek, and Sultan Alharbi
Why Healthy Snacks - 3

Unhealthy snacks contribute to . . .

- Extra **calories**
- Increased **blood pressure**
- Chance of **diabetes**
- Beginnings of **heart disease**

*From Prezi “Smart Snacks So Sweet” Pre-school parent workshop by fudha Airowili, Hawazin Alkhattabi, Mai Elhayek, and Sultan Alharbi*
Why Healthy Snacks - 4

- Practices what we are teaching in **CATCH***

- Reinforces **Go-SLOW-WHOA** messages

*Disclaimer:
The CATCH Program is currently provided only at some of our schools – it is not yet fully implemented district wide. For more information regarding the CATCH Program, please visit this link: [http://catchinfo.org](http://catchinfo.org)
Why Healthy Snacks - 5

- Promote **Allergen** Safety

- See “**Snack Safely**” website for safe foods
  - www.snacksafely.com
Who decided what’s healthy?

- **Input** from 250,000 parents, teachers, community members, cafeteria staff, food industry

- Review of **current** practice

- **Science-based** standards to promote healthier eating at school
What’s a Healthy Snack?
200 calories or less & …

- **First ingredients**: whole grain, fruit, veg, meat (if water 1st ingredient, these must be 2\textsuperscript{nd})

- **Limit** Sugar, Fats: Each 35\% or less, 10\% Saturated Fats, 0 Trans Fat

- **Beverages**: water, non-fat/low fat or non-fat flavored milk, 100\% fruit/veg juices (no caffeinated at elem/ms; HS low cal/diet)
What’s a Healthy Snack?
200 calories or less & …

- Smart Snacks Product Calculator
  http://tools.healthiergeneration.org(calc/calculator/)

‘Smart Snacks...Just Enough’ power point by Alliance for a Healthier Generation
Why Healthy Snacks now?

- Smart Snacks standards only apply to food **provided by** school (e.g. vending machines, ala-carte items, fund raisers, and during school-hour celebrations)

- We want to take this opportunity to improve upon **ALL** food at school.
Examples of Healthy Snacks

- See “School Snacks Guidelines for Parents”

- See USDA Resources
  (e.g., Healthier School Day, School Breakfast Toolkit)

- **Alliance** for a Healthier Generation
Classroom Celebrations

- Non-food (more b-days on **1 day**)
- Food/Non-food items present **economic** issues
- **Create** a Treasure Box of toys for b-day child to choose or chooses library book
- Note: Teachers have **many** celebratory ideas
How to get involved at home

- **Model** & encourage healthy eating
- Have healthy snacks **available** at home/in lunch boxes.
- **Involve** kids in snack prep (get food out, stir/mix/combine, clean up, pack it up)

*This may help with picky eaters, budget, time, & snack options!

---

From Prezi “Smart Snacks So Sweet” Pre-school parent workshop by fudha Airowili, Hawazin Alkhattabi, Mai Elhayek, and Sultan Alharbi
Explore **non-food** ways to celebrate special occasions/school functions

**Balance** amount of activity with foods eaten

(60min activity/day: Including recess, PE, after school & weekend activities)
Use CATCH language at home

**GO** foods

- low in sugar, salt, fats
- natural rather than processed (fruits, veggies, lean meats, skim/1% milk)
Use CATCH language at home

**SLOW** foods

- some sugar or fat or salt
- some processing

apple sauce, baked potato with sour cream
Use CATCH language at home

**WHOA** * foods

- more sugar, salt, fat than nutrients
- processed (fried chicken, donuts)

*Note: Whoa foods are not “bad” foods, just foods that we eat “once in a while”*
How to get involved at school

- **Parents**, staff, & community members all have a place at the **school wellness** “table”

- Each district has a **School Wellness Policy**

- Each district & school has a **wellness team** to implement the policy
How to get involved at school - 2

- **Who** is on a wellness team:
  Parents, Administrator, Food Service, Health Service, PE teacher, Health teacher, Social Worker, Employee Wellness, & Community members/agencies (YMCA, Kish Health)

- **Contact** Principal for meeting information

See Wellness Team model
Sycamore District 427 Wellness Team

Established 2009

Students/Teachers

Parent, Admin, Community

Health/Physical Education

Staff Wellness

Health Services

Healthy School Environment
(Operations, Crisis Response Team)

Nutrition Services

Social Services
Thank You!!!