

## **Monongalia County Schools Child Nutrition Services**

### **Standards for Classroom Snacks and Celebrations**

These standards 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 operation of the federally-funded child nutrition programs.

The Local Wellness Policy will provide standards to support good nutrition and food safety when outside foods are made available to the general student population for approved classroom celebrations. They will communicate with parents/guardians acceptable foods and beverages that meet nutrition and safety standards for classroom snacks and celebrations.

- Students' health, wellness and safety must be considered at all times.
- Special care and consideration must be taken where students with special dietary needs and/or food allergies are present. Always check with the school nurse for students with food allergies and/or special dietary needs. When in doubt, contact the school nurse with the list of food items to be certain that the students in the class do not have an allergy to those foods.
- All foods must be purchased/prepackaged so that the ingredient list will be available.

Some healthy snack options include but are not limited to:

- 100% frozen fruit bars
- Low-fat yogurts
- Fruit and vegetable trays
- Cheese sticks
- Trail mix
- Raisins
- Popcorn
- 100% fruit juice or vegetable juice, 1% or fat free milk, and bottled water

Smart Snacks are preferred.

Please remember that games and activities that provide physical activity for the classroom is another fun way to celebrate.