

# NDS WELLNESS CONNECTION

September 2018

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## *Nutrient Standards*

Welcome to the September issue of the NDS Wellness Connection for the 2018-2019 school year! NDS recognizes that student wellness, proper nutrition, and regular physical activity are important to a student's well-being, growth, development, and readiness to learn. This year we are focusing on the Nutrient Standards section of the School Wellness Policy. Let's work together to make School Wellness a success in your school!

--NDS Staff

To view the Wellness Policy visit:  
[Archdiocesan School Wellness Policy](#)

*The Archdiocesan Wellness Policy promotes a healthy school environment through student wellness, proper nutrition, and regular physical activity.*

*Interested in becoming a part of the wellness advisory council?*

*Contact Jean Falk, RD at [jfalk@ndsarch.org](mailto:jfalk@ndsarch.org)*

*Questions, Comments, Suggestions*

*Email: [info@ndsarch.org](mailto:info@ndsarch.org)*

*Phone: 215.895.3470*

# Smart Snacks in School

## WHAT ARE SMART SNACK GUIDELINES?

On July 1, 2014, the USDA established nutrition standards for snack foods and beverages sold to children during the school day on school campus.

## WHICH FOODS AND BEVERAGES SOLD AT SCHOOL WILL THIS EFFECT?

This includes items sold a la carte in vending machines, school stores, fundraisers, or any other venue that sells food or beverages to students during the school day.



## FOODS SOLD ON SCHOOL CAMPUS

All foods sold to students on school campus during the school day must meet nutrition standards known as Smart Snacks. To verify that a certain food meets these regulations, enter the product information into the [Smart Snacks Product Calculator](https://foodplanner.healthiergeneration.org/calculator/) at <https://foodplanner.healthiergeneration.org/calculator/>

**Smart Snacks Product Calculator Results**

Brand:  
**Smart Foods 4 Schools**

Product Name:  
**Whole Grain Holiday Snacks**

Serving Size:  
**28.35 g**

First Ingredient:  
**Whole Grain Flour**

• Your whole grain product meets all nutrient standards.

**Nutrition Facts**

Serving Size NA oz (about 28.35 g)

Amount Per Serving

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**Calories 130** **Calories from Fat 35**

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**Total Fat (g) 4**

Saturated Fat (g) 0

Trans Fat (g) 0

**Sodium (mg) 120**

**Carbohydrates**

Sugars (g) 8

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Vitamin D (%) NA Potassium (%) NA

Calcium (%) NA Dietary Fiber (%) NA

## Nutrition Standards for Snacks

- \*Be a "whole grain-rich" grain product; OR
- \*Have a fruit, vegetable, dairy product, or protein food as the first ingredient; OR
- \*Be a combination food that contains at least 1/4 cup of fruit and/or vegetable

### Nutrient Requirements:

- \*Calorie Limits:
  - ≤ 200 calories
- \*Sodium ≤ 200 mg
- \*Fat Limits
  - total fat ≤ 35% of calories
  - Saturated fat ≤ 10% of calories
  - Trans fat: zero gram
- \*Sugar Limit:
  - ≤ 35% of weight from total sugars

## Why are Smart Snacks Important?

1. More than a quarter of kids' daily calories may come from snacks.
2. Kids who have healthy eating patterns are more likely to perform better academically.
3. Kids consume more healthy foods and beverages during the school day. When they are Smart Snacks, the healthy choice is the easy choice..
4. Smart Snacks Standards are a Federal requirement for all foods sold during the school day



# Healthy Fundraisers during the School Day

In order to improve the health and nutrition of students, fundraisers that involve selling foods or beverages during the school day on school grounds must follow the Smart Snacks guidelines. The school day refers from midnight to 30 minutes after the school day

## Exceptions to meeting guidelines:

- \*Elementary and middle school has a maximum of 5 exempt fundraisers
- \*High school has a maximum of 10 exempt fundraisers
- \*Make sure to keep track of these exempt fundraisers!



## HEALTHY FUNDRAISER IDEAS

- \*Popcorn
- \*Trail Mix
- \*Veggie Crisps, Rice Crackers, and/or Corn Crackers
- \*Granola Bars
- \*Dried Fruit
- \*Fruit Smoothies
- \*Popsicles made with 100% Fruit Juice
- \*Yogurt Parfaits
- \*Fruit Kabobs
- \*Water Ice
- \*Frozen Bananas or Grapes

For more information on how your school can implement healthy fundraising visit [Fundraising or PTA.org/Fundraisers](https://www.pta.org/Fundraisers)

## Benefits of Healthy Fundraising

- \*Celebrate healthy foods and drinks as fun, enjoyable options
- \*Reinforce healthy eating messages taught in classrooms
- \*Support a healthy culture where healthy eating is the "norm"
- \*Support the school to meet the School Wellness Policy goals

\*Make fundraising planning a team effort by including students, teachers, families, local community groups, and businesses.



***\*NDS has a variety of À La Carte products available, all of which meet Smart Snack regulations. NDS charges the school by the full case of snacks, and schools can choose their own pricing for resale.***

# Non-Food Fundraising Ideas

Activity-Based fundraising events are a great strategy for generating revenue while also promoting student and community well-being. These activities can reinforce healthy eating habits and encourage physical activity. Physical activity fundraisers can also get families and communities involved in the fun!



Ideas For Activity-Based Fundraisers:

- \*Walk-a-thon
- \*Jog-a-thon
- \*Fitness classes
- \*Biking events
- \*5k run
- \*Dance
- \*Bowling



Visit [Action For Healthy Kids](#) for more ideas



## *Fundraising Events*

- \*3-on-3 Basketball Tournament
- \*Car Wash
- \*Carnival
- \*Auction
- \*Family Game Night
- \*Magic Show
- \*Talent Show
- \*Scavenger Hunt
- \*Seasonal "Message Grams"
- \*Skate Night

Non-Food Items that are both practical and profitable:

- Water bottles
- T-shirts
- Cookbooks with recipies from students and families
- Pedometers
- Wristbands
- Cards
- Candles
- Gift wrap
- Flowers
- Mugs
- Bath Accessories
- Calendars
- Custom Pop Sockets

# Tips For Parents

## Help Create a Healthy School Environment

1. Attend meetings, workshops, or training events offered by the school.
2. Communicate with school staff and other parents.
3. Volunteer for school events or in your child's classroom.
4. Reinforce healthy messages and practices your child learns at school.
5. Be a part of the community activities supported by the school



## Choosing Healthy Alternatives Help Reinforce:

- \*Children's healthy eating and physical activity habits
- \*Schools' nutrition education curricula
- \*Parent's efforts to promote healthy choices outside of school

## Resources for Parents

<https://www.cdc.gov/healthyschools/parentengagement/pdf/guide.pdf>

[https://www.cdc.gov/healthyschools/parentengagement/pdf/p4hs\\_slides.pdf](https://www.cdc.gov/healthyschools/parentengagement/pdf/p4hs_slides.pdf)

<https://healthyschoolsbc.ca/program/451/healthy-fundraising-for-schools-a-practical-guide-for-parents-and-educators>