



# Healthy Snacks

Beginning this school year (2016-2017), Ali`iolani Elementary will be following the DOE’s snack guidelines. According to these guidelines, all snack items provided or distributed at school (including for class parties, birthdays, holiday goodie bags, etc.) must comply with the following criteria based on Institute of Medicine standards per portion:

- Calories ≤ 200
- Total Fat ≤ 8 grams (with the exception of nuts and seeds)
- Saturated Fat ≤ 2 grams
- Trans Fat = ZERO
- Sodium ≤ 200 mg
- Sugar ≤ 8 grams (except yogurt, with no more than 30 grams of total sugars per 8 oz. portion)

More information regarding the DOE Wellness guidelines can be found at:

<http://www.hawaiipublicschools.org/TeachingAndLearning/HealthAndNutrition/WellnessGuidelines/Pages/home.aspx>

**If you plan on bringing snacks to distribute to the class, it must be coordinated with the teacher at least two days in advance.** Due to the number of students with peanut/tree nut allergies, we encourage parents to bring snacks that are peanut/tree nut free. Products whose labels say “may contain peanuts” or “produced on equipment that also produces peanut/tree nut products” are discouraged. **Any snacks that do not follow the guidelines cannot be distributed to students.** Below is a list of some snacks that meet the guidelines:

| Fruits           | Vegetables      | Grains             | Dried         | Dairy         | Snack          |
|------------------|-----------------|--------------------|---------------|---------------|----------------|
| apples           | baby carrots    | whole grain cereal | apple         | milk – lowfat | Snackwell’s    |
| applesauce       | cucumber slices | (less than 8g of   | apricots      | or fat free   | Mini Chocolate |
| bananas          | celery sticks   | sugar per          | banana        | string cheese | Chip Cookie    |
| blueberries      | corn on the cob | serving,           | mango         | yogurt        | Bites          |
| cantaloupe       | grape tomatoes  | like Cheerios)     | raisins       | Gogurt        | Nabisco 100    |
| cherries         | sliced bell     | cereal bars        | pumpkin seeds | yogurt drink  | -Oreo Thins    |
| clementines      | peppers         | whole grain        | sunflower     | frozen yogurt | -Chips Ahoy    |
| fruit cups       | sugar snap peas | crackers           | seeds         |               | Thins          |
| grapes           | soybeans        | corn chips         |               |               | -Lorna Doone   |
| kiwis            | guacamole       | granola bars       |               |               | Keebler 100    |
| melon            | hummus          | popcorn            |               |               | Calorie Bites  |
| oranges          | salsa           | pretzels           |               |               |                |
| papaya           |                 | honey wheat        |               |               |                |
| pineapple        |                 | pretzels           |               |               |                |
| pomegranate      |                 | rice cakes         |               |               |                |
| seeds            |                 | snap-pea crisps    |               |               |                |
| strawberries     |                 |                    |               |               |                |
| raspberries      |                 |                    |               |               |                |
| watermelon       |                 |                    |               |               |                |
| 100% fruit juice |                 |                    |               |               |                |

8/1/16

