



Holy Trinity Catholic School

Healthy Snack Practice

What is a “Healthy Snack” Practice?

A “Healthy Snack” Practice encourages healthy snack choices for all of our students. These recommendations and guidelines are taken from the school’s Wellness Policy, Action for Healthy Kids and the USDA Team Nutrition.

Why are Healthy Snack Policies important?

With the newly revised Wellness Policy, HTCS is making increased efforts towards supporting the wellness of our students. Food allergies are a growing concern among our students and the District is aware of the risk from suffering a severe or even life threatening reaction to food allergens, such as peanuts, dairy, fish and products that contain gluten. Healthy snack practices help parents and other caregivers identify healthful snack foods that are nutritious and safe for our children.

What are the benefits of adopting a “Healthy Snack” Practice?

There are many benefits of healthy snack practices, including helping children gain a greater understanding of healthful eating habits, exposing children to a variety of healthful foods they may otherwise not eat, and improving energy levels through nutrient-rich foods.

What are ways to celebrate “nonfood” birthday celebrations?

Birthdays are important to every child. Understandably, students like to celebrate with their classmates. However, sending in a food treat to the classroom to celebrate can exclude those children who have food allergies, diabetes and other dietary restrictions. According to the Center for Disease Control (CDC), allergies have increased more than 20% among American children since the mid 1990’s. With these facts noted, **birthday celebrations will be celebrated with “nonfood” items**. Coloring books, crayons, pencils, stickers, etc., are some examples that can be brought in to celebrate birthdates. There are many fun, creative ways to make the celebration special without food-related items.

What types of foods and beverages can be counted as “healthy snacks?”

The foods listed on the back of the document meet the USDA’s Smart Snack nutrition standards. **These options will apply to all building level celebrations as well as the kindergarten snack.** Nutritious meals and snacks will help kids stay healthy, reducing their risk for obesity, high blood pressure, and other serious chronic diseases.

Eating Healthy is Good for Your Body and Mind