
Vail District Wellness Policy and Nutritional Guidelines

The Vail School District enacted a Wellness Policy under the direction of the Arizona Department of Education and US Federal law, signed 6/30/2004. The Vail District and the staff at Senita Valley are committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults.

We also realize that snacks do play an important part in providing children with nutrients to support growth and learning. It is also recognized that parties are a fun way to celebrate. With a little imagination, snacks and parties can be a lot of fun while still providing healthy, nutrient-rich food. Just as children acquire tastes for sweets, they acquire tastes for healthy fruits and vegetables too. That is why encouraging these foods for snacks is so important for good health. Getting children in the habit of eating healthy snacks not only provides them with the nutrients they need to grow, it helps set them up for a lifetime of healthy eating as they get older.

This flyer will hopefully help serve as a guide to what snacks are allowed in the classroom if a parent is bringing a treat to share. While we hope that families will also encourage healthy choices on an individual family basis, there will be no "policing" of what foods or drinks a student brings from home to school, as long as it is only for the child's own consumption.

All food items must be purchased and show the nutritional fact label.
No food items can be "homemade" or prepared/cut at home.

For more information go to: <http://www.azed.gov/health-nutrition/nutrition-standards>

Food Standards

- Maximum of 35% total calories from fat
- 10% total calories from saturated and trans fatty acids
- Maximum of 35% sugar by weight
- Must contain at least 1 gram of fiber
- Maximum of 600 mg. of sodium

Beverage Standards

- Water- may contain natural or non-caloric sweeteners and no caffeine
- Juice must contain 100% fruit juice and be 8 oz. or less.
- Fruit smoothie (ice based or yogurt) must contain 100% fruit juice and not exceed 400 calories.

Prohibited Foods and Beverages

- **No cupcakes, brownies, cookies, etc.**
- No deep-fat fried chips, crackers, etc.
- No drinks containing less than 100% fruit/vegetable juice
- No whole fat milk (flavored or regular)
- No caffeine/Energy drinks
- No sports/Electrolyte-Replacement drinks
- No carbonated drinks
- **No Egges** or other sugar-iced drinks

Exceptions

- Cheeses, nuts, and seeds
- Sugars in dairy solids
- Fruits and vegetables
- Fiber contents of dairy and jerky

Healthy Ideas for Classroom Snacks & Parties!

Before we list all the wonderful and fun “do’s” for possible classroom celebrations, please make sure that the teacher is first consulted when plans for a classroom celebration are being made. Arranging a date and time will assure there are no tests scheduled or other classroom activities that can’t be interrupted. This is also a great time to ask the teacher whether any of the students have a food allergy or medical conditions that might need to be considered. Tell the teacher what you plan to bring so it can be verified that the snack will be one that meets the Nutrition Standards. This avoids having a situation where a snack gets purchased that cannot be served.

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Ideas/Suggestions

- Packaged fruit trays
- Packaged veggie sticks, celery, carrots, etc.
with a low-fat dip
- Bananas
- Melon slices
- Apples with low-fat caramel dip
- Cheese cubes or string cheese with
whole grain crackers
- Fresh fruit with yogurt dipping sauce
- Squeezable yogurt (tubes can be frozen)
- 100% fruit smoothies
- Low-fat pudding cups
- Low-fat granola or granola bars
- Baked pretzels
- Whole grain breads/mini bagels with
low-fat cream cheese
- Turkey or beef jerky (made without
sodium nitrite or MSG)
- Graham crackers, Vanilla wafers
- Goldfish or animal crackers
- Fig Newtons
- Angel food cake with strawberries

Vail’s Food Services, Sodexo

Parents can also order food from Sodexo. Sodexo can prepare snacks, such as “healthy” pizza, low-fat cookies, and other nutritional snacks and have the food delivered to the classroom. Parents can call Danelle Harrelson at 879-2081 to place the order. All orders must be paid before delivery.

- ***Low-fat cookies are 60¢ each***
- ***Large 16” Cheese Pizza is \$11.00 (10 slices)***
- ***Healthy Popcorn is .75¢ a student (bulk bag delivery with bowls)***
(Prices are subject to change)

Non-Food Ways to Celebrate!

Remember celebrations don’t always have to include food. Here are some ideas:

- Playing an indoor game of the student’s choosing
- Bring in supplies and let the class do a special art project.
- Turn on some music and have a dance party.
- Parents can bring in a copy of the student’s favorite book to read.
- Parents can make up a goodie bag for each classmate filled with little items (pencil, stickers, etc.).