

In School Celebratory Snacks

In observation of celebratory events in the classroom such as birthdays, Hope Academy Charter shall allow all foods and snacks served during special occasions be exempt from the FMNV guidelines for 1 day each month. On this day only, (to be determined by the teacher/administrator) non-compliant snacks will be allowed. Parents are encouraged to send in other celebration items (ie. Pencils, erasers, stickers, etc) for any other celebrations remaining within the month.

As part of reward programs, foods served during in-school club periods or holiday celebrations, may include non-compliant foods. The program will restrict the frequency to once per month and will attempt to include smart snacks and nutritionally compliant foods when possible.

Non-compliant foods shall not contain trans fats, high fructose corn syrup or nuts (including peanuts) at any time.

Hope Academy Charter supports healthy eating patterns by promoting the combination of Celebration and Smart Snacks for our students.

Smart Snack Guidelines that will improve nutrition for our students:

1. Whole grain products
2. Have a fruit, vegetable, dairy product, or a protein food as first ingredient
3. Combinations of food that contain at least ¼ cup of fruit and/or vegetable
4. Contains at least 10% of the daily value of calcium, potassium, vitamin D, or dietary fiber.
5. Limits calories to 200 per serving
6. Limits salt to 230 mg.
7. Limits fat to 35% of calories and saturated fat to less than 10% of calories
8. Has NO trans fats
9. Limits sugar to less than 35% of weight from total sugars in foods
10. Fresh, frozen or canned fruits or vegetables that have no other ingredients are allowable even though they may not comply with other requirements are allowed because they are nutrient dense.

See the USDA Foods of Minimal Nutritional Value guidelines, www.fns.usda.gov/school-meals/foods-minimal-nutritional-value

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