

Lake Pend Oreille School District #84

Dear Parents/Guardians,

At Lake Pend Oreille School District, we work hard to ensure that students' minds and bodies are ready for learning each day. In an effort to provide students with the healthiest environment possible, adhere to our district Wellness Policy and federal Smart Snacks in Schools standards, we are encouraging you to provide only healthy snacks for school snacks, classroom parties and school celebrations.

All foods offered to students during the instructional day on school campus until 30 minutes after the instructional day ends will meet or exceed the USDA Smart Snacks in Schools nutrition standards or, if the state policy is stronger, will meet or exceed state nutrition standards as well as our Local district Wellness Policy.

In addition to the hard work our teachers and staff do every day to prepare students for success in the classroom, we can also work to encourage healthy eating and physical activity, leading them to lifelong success. By helping them start healthy habits early in life, we can reduce our children's' health risks and increase their chances for longer, more productive lives.

Smart Snacks in Schools standards are:

- Whole grain rich products
- First ingredient on the product label must be a fruit, vegetable, dairy, protein or a combination of ¼ cup of fruit and/or vegetable.

Nutrient requirements for Snack items:

- less than 200 calories per serving
- less than 200 mg sodium per serving
- less than 35% of calories from fat per serving
- less than 10% of calories from saturated fat per serving
- zero trans fats
- less than 35% of weight from total sugars in foods

To encourage your participation in this plan, attached to this letter, please find suggested food and beverage items that currently meet the Smart Snacks in Schools Standards. These snack/celebration items are consistent with the intent of the district's approved Local School Wellness Policy and will promote healthful eating among our students.

In addition to the suggested items, you can find an easy to use 'Smart Snacks Calculator' tool located on our district web page under the Child Nutrition tab that can easily and quickly tell you if a food or beverage item meets the current standards. <http://www.lposd.org/home/departments/child-nutrition-1>

As educators, caregivers and loved ones we all want the best for our students. Thank you for joining us in giving students healthy opportunities to celebrate important events and achievements.

For the health and safety of our students as it relates to food allergies, food safety and sanitation, school policy prohibits any home baked food products from being brought to school and shared with other students. Only store bought, commercially made, prepackaged items with ingredient labels may be brought to school to be shared.

Please note that all snack items sold Al a carte by the cafeteria staff at all LPOSD 84 schools do meet the Smart Snacks in Schools Standards.

If you have any questions, please contact the school. We are looking forward to making our school the healthiest it can be so our students can do their best work.

Have a healthy day!

Sincerely,



Bobbie Coleman, CN, CFSM
Director, Child Nutrition Programs

Healthy snacks and beverages that meet the Smart Snacks in Schools standards are:

Individual ½ cup Fruit Cups in water or 100% natural juice	Water – plain – carbonated or not (no artificial sweetener)
Dried Fruit with no added sugar	Milk – Fat Free or 1% only - 8 oz serving
Dried Vegetables	Juice – 100% Fruit Juice no added sweeteners – 8 oz serving
Fresh Fruits & Vegetables – Individual bags or store-bought platters	Juice – 100% Vegetable no added sweeteners – 8 oz serving
Dried Fruits & Dried Vegetables– with no added sugar	Keebler Elf, Graham Crackers 1oz singles
Applesauce Pouches-Motts Unsweetened 3.2 oz pouch	Keebler Animal Cookie – 1 oz package
Applesauce Cups – Unsweetened 4 ounce (variety)	Keebler Honey Grahams with Fiber-3 crackers per package
Dole Fruit Bowls – 4 ounce in 100% Fruit Juice (variety)	Kellogg;s Special K Cheddar Cracker Chips– 0.87 oz bag
Hummus	Simply Chex Snack Mix – Strawberry Yogurt 1.03 oz bag
Cheese Sticks – 1 ounce (variety)	Simply Chex Snack Mix – Chocolate Caramel 1.03 oz bag
Yogurt –GoGurt Tubes, Low Fat, Low Sugar Yogurt- 64 grams	Giant Goldfish Cinnamon Graham Cracker – Pepperidge Farm
Yogurt – Reduced Fat, Low Sugar (variety) 8 fl oz or less	Whole Grain Cheddar Goldfish Crackers - .75 oz Pepperidge
Kellogg’s Nutri-Grain Cereal Bar (variety)	Cheeze-It – Whole Grain Baked Cheddar - .75 oz package
Quaker Chewy Oatmeal Raisin Granola Bar	Nature Valley Crisp Snack 1.2 oz
Quaker Peanut Butter Chocolate Chip Granola Bar	Chips – Miss Vickie’s-Sea Salt Kettle chips – 1.375 oz bag
Quaker Dark Chocolate Chunk Granola Bar	Chips – Lays Kettle Cooked-40%less fat -1.375 oz bag
Kashi Chewy Granola Bar-Honey Almond Flax	Chips – Lays Oven Baked Original – 0.875 oz bag
KIND Bars, Fruit & Nut, Gluten Free, Low Sugar 1.4oz	Chips – Lays Oven Baked Sour Cream & Onion – 0.875 oz
Nature Valley Chocolate Chip Granola Bar	Chips – Popchips Potato Chips-Variety – 1.375 oz bag
Almonds, whole natural – 1 oz grab & go bags	Chips – Sunchips-Multigrain (variety) – 1 oz bag
Sunflower Seeds Nuts – 1 oz package	Chips – Kale – Simply Seven Gluten Free – 3.5 oz bag
Planters Single Serve Salted Cashews – 1 oz package	Chips – Doritos – Baked Whole Grain 1 oz bag (variety)
Planters Single Serve Salted Peanuts – 1 oz package	Chips – Tostitos – Reduced Fat Crispy Rounds .875oz bag
Western’s Smokehouse Smart Stix Meat Snacks	Chips – Baked Cheetos – Regular or Flamin Hot - .875 oz
Jolly Time Health Pop, Butter 94% Fat Free – 100 Calorie pack	Healthy Choice – Frozen Premium Fudge Bar 3 oz
	Frozen 100% Fruit Juice Fruit Bars