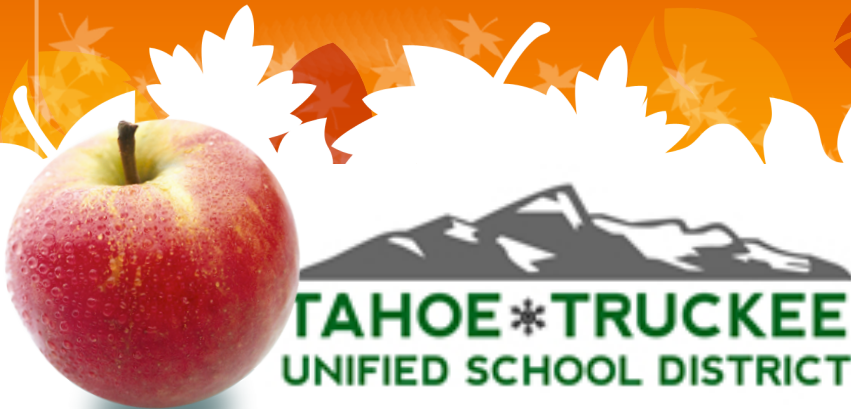


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Fall Into New Habits

Understanding the School Wellness Policy



What Does it Mean for the Parents?

At the Tahoe Truckee Unified School District, parents, schools and students all play an important role in optimizing student success and reinforcing healthy lifestyle habits. We want our students to learn good behaviors at a young age and simple changes in the classroom can make a huge difference.

We are implementing a new policy allowing only **ONE** in class party per month with **NO MORE THAN ONE** food or beverage item that does not meet nutritional standards. We will also be limiting rewards and recognitions for good behavior in the classroom to non-food items only.

Why you might ask?

We want our kids to feel safe! Food allergies are common in our schools and we don't want to run the risk of threatening allergens going undetected in food items brought from outside of the school.

We want our kids to feel healthy! We want to encourage healthy snacks and drinks in school to optimize learning outcomes.

We want our kids to learn good behaviors at a young age! Food shouldn't be a reward and constant snacking can lead to an unhealthy relationship with food later on in life. Instead we want to teach our kids to reward themselves with activities, privileges and games.

Healthy Snack and Party Ideas

- Air-popped popcorn
- Pretzels
- Crackers and peanut butter†
- Baked chips and salsa
- Cut up fruit with yogurt dip
- Cut veggies with yogurt/ranch dip
- Low fat breakfast or granola bars
- Trail/cereal mix (whole grain, low-sugar cereals mixed with dried fruit, pretzels, etc.)
- Nuts and seeds†
- 1% milk
- 100% fruit juice
- Water
- Pizza with low-fat toppings (vegetables, lean ham, Canadian bacon), pizza dippers with marinara sauce
- Ham, cheese or turkey sandwiches or wraps (with low-fat condiments)
- Low-fat pudding, low-fat yogurt, squeezable yogurt, yogurt smoothies, yogurt parfaits or banana splits (yogurt and fruit topped with cereal, granola or crushed graham crackers)
- Quesadillas or bean burrito with salsa

