



Healthy School Snacks, Celebrations and Fundraisers



The National School Lunch Program (NSLP) requires school food authorities to establish written administrative guidelines and procedures for all snacks sold in schools. South Harrison Community School Corporation (SHCSC) will adhere to the following Smart Snack Guidelines.

All foods sold in schools during the school day will comply with the current USDA Dietary Guidelines for Americans nutrition standards. Additionally, all snacks sold in school during the school day must meet Smart Snack Guidelines including vending machines and fundraisers. For purposes of these guidelines, the school day is defined as from midnight through 30 minutes after the school day concludes. For a listing of acceptable snacks please visit:

<https://www.healthiergeneration.org>
<https://foodplanner.healthiergeneration.org/products>

Schools will encourage healthy or non-food treats for classroom celebrations, parties, and snacks. Any food item that is served for classroom celebrations will be approved by the teacher and/or building principal.

The Benefits of Healthy Celebrations and Snacks:

Healthy Kids Learn Better

Research clearly demonstrates that good nutrition is linked to better behavior and academic performance. To provide the best possible learning environment for children, schools must also provide an environment that supports healthy behaviors.

Provides Consistent Messages

Providing healthy classroom celebrations demonstrates a school commitment to promoting healthy behaviors. It supports the classroom lessons students are learning about health, instead of contradicting them. Healthy celebrations promote positive lifestyle choices to reduce student health risks and improve learning.

Promotes a Healthy School Environment

To improve eating behaviors, students need to receive consistent, reliable health information and ample opportunity to use it. Healthy celebrations are an important part of providing a healthy school environment.

Creates Excitement About Nutrition

Children are excited about new and different things, including fun party activities and healthy snacks. School staff and parents need not worry that children will be disappointed if typical party foods aren't served in the classroom. Holiday treats and traditional birthday parties with cake can still be available at home.

Protects Children with Food Allergies

When parents send in food, it is difficult to ensure the safety of children with food allergies. Schools can protect food-allergic children by providing non-food celebrations or, if food is served, ensuring it is prepackaged and meets Smart Snack Guidelines.

Thank you,

South Harrison Community School Corporation Food Services