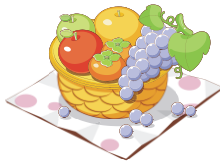


Healthy foods fuel learning



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To keep in line with the school-wide initiative to have a healthier environment for our students, we are asking that families pack healthy foods for daily snacks. A guideline for healthy snacks is to include at least 2 food groups.

Here are some ideas:

Fresh veggies & cheese

Yogurt & fruit

Half a sandwich

Trail mix

100% juice & pretzels

*Fresh fruit & nuts**

Pita bread & hummus spread

Lean meat, cheese & tortilla roll up

*Fruit & nut butter**

Cheese & crackers

Yogurt & granola

Fruit & cheese kabobs

Applesauce & graham crackers

Popcorn & cheese

Side salad w/cheese or protein

Whole grain cereal & fruit

**Please check with your teacher about any food allergy restrictions in your classroom or school.*

What is NOT on the list? Sodas, fruit drinks that are not 100% juice, regular (not baked) potato chips, sugary baked goods, and candy.

What is the beverage of choice for snacks? Water- send a reusable, insulated bottle with fresh, cold water.

School Meal FAQs every parent should know!

- Our Farm to School Program has grown and we are excited to bring you fresh, locally grown produce from local farms! Look for the “Locally Grown Veggie” on the menu.
- Elementary and middle school students are offered two veggies and one fruit as part of their school lunch. Encourage your child to choose two veggies.
- You can also purchase a side portion (1/2 cup) of a fruit or vegetable for only 65 cents. This is a great way to add vegetables and fruit to your child’s packed lunch. Try the new *Fresh Veggie Bar* at elementary schools on Thursdays!
- There is a fresh entrée salad served every day available at your usual paid, free or reduced price.
- You can control the food choices your child makes at school by calling the Child Nutrition Services office at 565-3838 or emailing jane.haley@wjccschools.org to request that a note be put on your child’s lunch account to limit the number of snacks or certain items that may be purchased with lunch account funds.

Want to know more? Check out School Meal FAQs, Lunch menus, and Free/Reduced Lunch information at <http://wjccschools.org/departments/operations/child-nutrition-services/>



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