

Smart Snack Guidelines

West Allegheny School District understands the important link between health and academic performance, and we are working to encourage healthy eating and physical activity throughout the school day. By starting these healthy habits early in life, we can help reduce our children's health risks and increase their chances for longer, healthier lives.

In alignment with Federal Meal Guidelines, schools participating in the School Nutrition Incentive Program are required to follow specific guidelines for classroom parties.

Guidelines

Smart "healthy" Snack Guidelines, as outlined by the Federal Meal program. Smart snack guidelines are as follows:

- Must be under 200 calories
- Must be under 200mg of sodium per serving
- Minimal or no trans fats (zero grams)
- First ingredient must be whole grain, fruit, or a vegetable

Suggested options:

Snacks: Baked Chips, Baked Cheetos, Whole Grain Pretzels, Whole Grain Goldfish, Whole Grain Rice Krispie Treats, Fruit Snack (sliced apples, carrots, oranges, etc), Cereal Bars, Sunchip Mix

Drinks: Water (with or without carbonation), unflavored low fat or fat free milk, 100% fruit or vegetable juice

If assistance is needed in determining what meets the Smart Snack Guideline, our food service department is happy to help. Please do not hesitate to call at 724-695-5254 with any questions.

School Day Celebrations

During school-sponsored celebrations such as Halloween, Holiday, Valentine's Day, or other PTA-sponsored events during the school day, edible items **must be** prepackaged.

- Edible items served during the school day must follow the Smart Snack Guidelines.
- Edible items that do not follow the Smart Snack Guidelines are not be eaten at school and must be taken home.

Birthdays

To promote health and wellness while being mindful of our students with food sensitivities and allergies, we are requiring that non-edible items be provided when celebrating birthdays in the classroom. Non-edible items may include pencils, erasers, fidget spinners, bookmarks, stickers, party favors, etc.

Evening Events

Smart Snack Guidelines **do not** apply to school or PTA sponsored events held in the evening. Special catering through our Food Service Department is available with pricing provided upon request.