



## **Classroom Parties & Celebrations**

We all love a birthday or holiday celebration, but it is important to remember good nutrition when bringing in snacks for your child and their schoolmates. Pre-packaged, individually wrapped foods are the easiest and are recommended. Some good nutritional choices are:

- Apple or Any fresh fruit
- Canned fruit in light syrup or juice
- Raisins/ Trail Mix/ Craisins
- Graham crackers or Animal Crackers
- Dry fortified Whole Grain cereal (like Multi Grain Cheerios®)
- Cereal Bars
- Carrot sticks
- 100% fruit juice
- Fruited Muffins
- Granola Bars
- Rice Krispie Treats
- Cheese and whole wheat crackers
- Low Fat String Cheese or cheese cubes
- Low Fat Yogurt/Smoothies
- Pretzels/ Popcorn/Baked Chips
- Vanilla Wafers/Oatmeal Cookies
- Banana or Raisin Bread
- Bagels with jelly
- Low Fat Pudding cups
- Angelfood Cake

Try to avoid high-sugar, high-fat treats; that's not to say you can't bring candy or chips once in a while. But try to make your regular snacks more nutritious by choosing snacks that are Whole Grain Rich and low in sodium.

For more information on nutrition for you and your children visit [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)  
Another great website to look at is: <http://https://www.healthiergeneration.org>

## **Lunch Boxes**

Barberton City Schools has a nutritious hot lunch program that follows government **Dietary Guidelines**. The school provides **1/3 of the Recommended Daily Allowance (RDA) for key nutrients and 1/3 of calorie needs for specific age groups for lunch and 1/4 of the RDA for key nutrients and calories for breakfast**. Our menus are planned so that when averaged over a week, they do not exceed **30% of calories from fat and 10% of calories from saturated fat**.

Buying a hot lunch is less costly than packing and we offer free and reduced price lunches to those that qualify. But if packing lunches is the way you want to go, here are some nutritious tips for the "brown bagger":

- Pack Cut-up Vegetables or Fruit Cups
- Hot soup in a thermos is always a winner
- Use whole grain breads for a sandwich
- Salads with meat and cheese are a great way to get in those vegetables\*
- Yogurt can make a great dessert\*
- Leftovers can make a great meal\*
- Try pretzels or baked chips instead of higher fat versions
- Keep cakes and candy to a minimum, your child will eat these first and not get nutrients needed for proper growth
- FYI: quick and easy ready-to-eat meals can be loaded with fat & salt (sodium), and not with vitamins & minerals-so choose these less often.

\* **Remember** to keep your child's food safe by putting ice packs in the lunch box when meats and dairy products are given.

**Milk, 100% juices, water and a variety of nutritious snacks are available for purchase in the cafeteria daily.**