

# Wellness Policy

Hawaii Department of Education

Per serving, a healthy snack has:

**Calories:** Equal or less than 200 calories

**Total Fat:** Equal or Less than 8 grams

**Saturated Fat:** Equal or Less than 2 grams

**Trans Fat:** ZERO

**Sodium:** Equal or less than 200 mg

**Dietary Fiber:** Equal or more than 2 grams

**Sugar:** Equal or less than 8 grams



**Sugar should not be listed as the first ingredient on the nutrition label.**

**At Ho'okele Elementary, we ask for your support in following the guidelines of the Wellness Policy when providing your child with snacks from home and for celebrations.**

**We ask that you help us maintain a peanut-free environment for the safety of students with severe allergies. Listed below are suggested items and foods to avoid to help you in determining healthy snacks.**

<u>Safe Food Suggestions for snacks/lunches</u>	<u>Foods to Avoid</u>	<u>Other Celebration Ideas</u>
<ul style="list-style-type: none"><li>❖ Yogurt/Gogurt</li><li>❖ Raisins</li><li>❖ Most Fruit snacks</li><li>❖ Most pudding cups</li><li>❖ Rice Krispy Treats (packaged)</li><li>❖ Fresh fruit</li><li>❖ Crackers</li><li>❖ Goldfish</li><li>❖ Most pretzels</li><li>❖ Jello Cups</li><li>❖ Popcorn</li><li>❖ Baked Chips</li><li>❖ 100 Calorie Snack Packs</li></ul>	<ul style="list-style-type: none"><li>❖ Bakery items</li><li>❖ Chocolate candies which may have contact with nuts</li><li>❖ Cereal products and bars</li><li>❖ Any other products containing peanuts or peanut trace</li><li>❖ Sunflower seeds</li></ul>	<ul style="list-style-type: none"><li>❖ Pencils</li><li>❖ Erasers</li><li>❖ Bookmarks</li><li>❖ Stickers</li><li>❖ Stamps</li><li>❖ Classroom board game</li></ul>

**LET'S HELP OUR KEIKI MAKE HEALTHY CHOICES!**