

Ho'okele Elementary Wellness Policy

Revised July 2021

This Institution is an Equal Opportunity Provider

Calories

Snacks < 200 calories
Entrees < 350 calories

Sodium

Snacks < 200 mg
Entrees < 480 mg

Fat

Total fat < 35% of total calories
Saturated fat < 10% of calories
Trans fat 0 grams

Sugar

Snacks < 35% of total weight of item



Refer to www.healthiergeneration.org for resources and smart snack calculators

At Ho'okele Elementary, we ask for your support in following the guidelines of the Health and Wellness Policy 103.1. The wellness guidelines include areas pertaining to the school wellness committee, nutrition guidelines, health education, nutrition promotion, physical education and activity and professional development. For more information, visit the DOE website at www.hawaiipublicschools.org.

UPDATE: For SY 2021-2022, For health and safety reasons, no outside treats or goody bags will be accepted or distributed to students.

We also ask that you help us strive for a peanut-free environment for the safety of students with severe allergies. Your child's teacher may also share other allergy concerns as they pertain to students in the classroom.

Listed below are suggested items and foods to avoid to help you in determining healthy snacks for your own child. Snacks or other food items brought from home are not permitted to be shared among students. **LET'S HELP OUR KEIKI MAKE HEALTHY CHOICES!**

Food Suggestions for snacks/lunches

- ❖ Yogurt/Gogurt
- ❖ Raisins
- ❖ Most Fruit snacks
- ❖ Most pudding or Jell-o cups
- ❖ Rice Krispy Treats (packaged)
- ❖ Fresh fruit
- ❖ Crackers, pretzels, goldfish
- ❖ Popcorn or baked chips
- ❖ Most pretzels
- ❖ 100 Calorie Snack Packs

Foods to Avoid

- ❖ Bakery items-cupcakes
- ❖ Chocolate candies which may have contact with nuts
- ❖ Cereal products and bars with nuts
- ❖ Any other products containing peanuts or peanut trace
- ❖ Sunflower seeds