



Waimea Elementary School Wellness Guide and Snack Policy

The Hawaii Department of Education is encouraging all families to develop lifelong healthy eating practices. The following guidelines from both the DOE and DOH are presented to help your home become a health and nutrition conscious household.

DOE Wellness Principles:

- All children deserve nutritious and safely prepared meals.
- Healthy students are better able to learn and often helps to improve school attendance.
- Healthy eating habits and active lifestyles that are developed during childhood affect their health throughout their lives.

Suggested Healthy Family Habits:

- Eat breakfast every day and follow with a healthy snack or meal every 3-6 hours.
- Prepare meals at home and eat as a family at least 5-6 times per week.
- Serve at least one colorful fruit/vegetable, and whole grains as part of each meal.
- Limit sweet beverages to no more than 4 ounces of 100% juice per day.
- Encourage your children to eat school breakfast and lunch.
- Limit screen time to two hours or less; remove television and computer games from children’s bedroom and monitor use to ensure age-appropriate content.
- Play outside for 1 hour or more daily; play as a family at least once per week.
- Involve the whole family in lifestyle changes; adults are healthy role models.

***Prohibited Items:** Soda and all sugary drinks, candy, and gum are prohibited. If any prohibited items are brought to school, students will be asked to put the item(s) away until after school.

* To prevent a serious allergic reaction, we are requesting that you not send food with peanuts or food items containing peanuts.

Choose this:	Lose this:
Tortilla chips, pita chips, rice cakes	Takis, Doritos, Cheetos, Funyuns
Fruits: apples, bananas, pears, clementine	Candy: gummy snacks, sour belts, chocolates
Veggies: carrots, cucumber, sweet potato	Potato chips
Banana bread, smoothies, all-fruit popsicles	*Cupcakes, cake, ice cream, brownies
Water	Soda, iced tea, sports drinks, caffeinated drinks
Nori, mochi crunch, musubi, hummus	Dried saimin, beef jerky
Granola bars (non chocolate), string cheese	Cookies, nutella

*Food for classroom celebrations/events will be left to the discretion of each classroom teacher.

I have read and I agree with the wellness policy and guidelines above.

Parent Signature _____ Date _____