

September 2015

Dear Parents and Guardians:

The Half Hollow Hills Nutrition Committee, the Office of Child Nutrition and the Department of Health and Physical Education would like to encourage parents and students to make healthy food choices when bringing snacks to school. With that goal in mind, we have compiled a list of healthy snack and beverage choices which meet the following nutritional guidelines:

**Calorie Limit < 200 calories; Total Fat < 35% of calories; Saturated Fat < 10% of calories;
Sodium < 230 mg; Sugar < 35% of weight; Trans fat 0 grams**

Choose whole grain products whenever possible.

RECOMMENDED SNACKS:

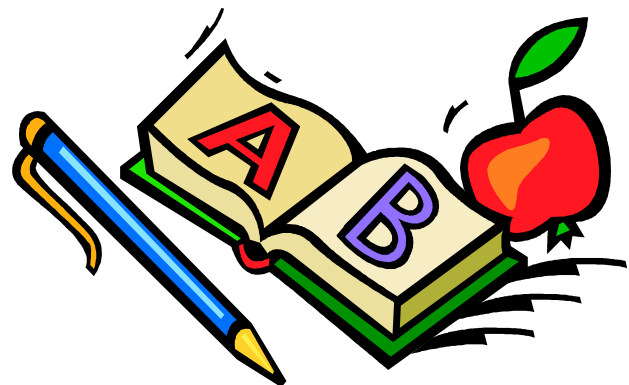
Cut-up Fresh Fruit*
Cut-up Fresh Vegetables w/ low fat dip*
Individual Fruit Cups*
Applesauce, unsweetened*
Whole Grain bread or crackers*
Yogurt, low fat, plain*
String Cheese, low fat*
Hummus*
Animal Crackers
Baked Potato Chips, all flavors
Cereal Bars, w/o peanuts or nuts
Cereal, dry
Cheese and Cracker packs, low fat
Cheese Nips, low fat
Fruit & Oatmeal Bars & Bites
Fruit & Yogurt Bars, low fat
Goldfish Crackers
Graham Crackers and Sticks
Pirates Booty, all flavors
Popcorn, low fat
Pretzels, low sodium, whole wheat
Pudding, low fat
Rice Cakes
Soy Crisps
Tortilla Chips & Salsa

RECOMMENDED BEVERAGES:

Bottled water*
Plain milk, low fat or non-fat*
100% Fruit Juice

**SNACKS & BEVERAGES TO AVOID
SENDING TO SCHOOL:**

Snacks with nuts or peanuts
Cookies and candies high in sugar
Chips with more than 35% calories from fat
Cakes and cupcakes with more than 35%
calories from fat and/or sugar
Foods containing trans fat or hydrogenated oils
Soda
Sports drinks
Juices with less than 100% fruit
Beverages with caffeine



*** Highly recommended for nutritional value**

For additional school nutritional information and the new Wellness Policy, click on the HHH district website under Discover HHH / Nutrition News.

If you would like to learn more about healthy snack choices, visit NY State School Nutrition Association's website at nyschoolnutrition.org.