

Healthy Food and Beverages for Student Activities

ADDENDUM C

As an administrator, teacher, coach or parent, you can help teach children lifelong healthy eating habits by promoting healthy eating behaviors. Opportunities to be a good role model for healthy eating habits abound and include special school activities such as sports events (concessions and banquets), intramural activities, dances, programs, concerts, plays and musicals. Since many athletes purchase concession items, an additional consideration for sports events is that an athlete's performance is greatly affected by food and beverages they can enhance athletic performance as well as overall health.

Many parents like to celebrate birthdays and other occasions with special treats sent to school. Therefore, the district encourages parents to send non-food items such as stickers, pencils, themed erasers, or other trinkets, rather than food. In addition, as homemade treats could contain a potentially dangerous ingredient(s) that might unknowingly cause an allergic reaction, any food sent in to share must be pre-packaged and contain an ingredient label. Please give these items to your child's teacher for distribution.

There are many healthy and tasty food and beverage options for special activities. Portion control is also important. Try to offer smaller portions of foods, such as mini muffins or mini bagels.

Healthy Suggestions

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| -Grilled chicken sandwich | -Fresh fruit and vegetables — buy locally when possible |
| -Bagels with lowfat cream cheese | -Baby carrots and other vegetables with lowfat dip |
| -Fig cookies | -Baked chips |
| -Granola bars* | -Pizza (no extra cheese and no more than one meat) |
| -String cheese | -Single-serve lowfat or fat free milk (regular or flavored) |
| -Nuts and seeds* | -Sub sandwich |
| -Yogurt | -Trail mix* |
| -Lowfat popcorn | -Soft pretzels and mustard |
| -Pudding | -Cereal bar |
| -100% fruit juice (small single-serves) | -Animal crackers |
| -Bottled water (including flavored water) | |

* *May be allergens and/or a choking risk for some people, please check with a health care provider.*

Healthy suggestions for Banquet Meals and Other School Functions

Main Dishes: chili, pizza, sub sandwiches

Sides: Vegetable tray with lowfat dip, whole grain bread, pasta salad with lowfat dressing, fruit tray, basket, or kabobs

Desserts: Angel food cake with berries, apple or peach crisp, oatmeal raisin cookies, fruit and yogurt smoothies, parfaits made with vanilla yogurt, granola, and fresh fruit

Beverages: Single-serve lowfat or fat free milk (regular or flavored), bottled water, 100% juice in small single-serve containers

Sample Meals:

- Chili, cornbread, and salad
- Soup, whole grain crackers, cheese and fruit
- Spaghetti, salad, and bread
- Pizza (no extra cheese or more than one meat)
- salad
- Sub sandwiches and fruit
- Baked potato bar (suggested toppings:
 - cheese, lowfat sour cream, salsa, broccoli)
- Fat free or lowfat milk or yogurt

Be sure to keep cold foods cold and hot foods hot (visit www.fightbac.org for more on food safety)

Note: Visit www.mealsmatter.org for meal planning tools and recipes