



To: Parents and Guardians  
Re: Wellness Policy 507.9

In 2004, President Bush signed legislation mandating school districts have wellness policies in place by the 2006-2007 school year. The legislation was in response to the mounting childhood obesity problem in our country.

The Wellness Policy 507.9 passed by the Humboldt Board of Education was developed through the work of a representative group of school and community members which included physicians, food service providers, parents, community health providers, nurses, university extension representatives, educators, and physical health instructors.



The policy uses nutritional guidelines for snacks and celebrations. To assist parents with the transition in providing healthier snacks, our food service has developed the following list of appropriate snacks to be provided by the school or parents during the school day.

Please refer any questions of clarifications to your building principal or Director of Food Service.

**Beverages**

- Water
- Flavored or unflavored milk
- 100% fruit juice
- 100% vegetable juice
- Flavored Water

**Snack Foods**



- |                           |                                  |
|---------------------------|----------------------------------|
| Nuts                      | Goldfish Crackers                |
| Baked Chips               | Low-Fat Breakfast Bars           |
| String Cheese             | Low-Fat Granola Bars             |
| Cheese Cubes              | Yogurt                           |
| Animal Crackers           | Drinkable Yogurt                 |
| Fig Newtons               | Pudding Cups                     |
| Sunflower Seeds           | Fresh Fruit                      |
| Graham Crackers           | Dried Fruit                      |
| Hard Pretzels             | Fresh Vegetables                 |
| Trail Mix                 | Regular/Baby Carrots             |
| Dry Cereal                | Canned Fruit                     |
| Low-Fat Cookies           | Rice Krispie Bars                |
| Mini Bagels               | Crackers w/peanut butter         |
| Low-Fat Muffin            | Peanut Butter and Jelly Sandwich |
| Baked Tortilla Chips      | Beef or Turkey Jerky             |
| Vanilla Wafers            | Deli Sandwiches                  |
| Low-Fat Popcorn           | Salads w/Light Dressing          |
| Fruit and Yogurt Parfaits | Granola                          |
| Pudding                   | 100 Calorie Cookies              |
| Cinnamon Grahams          | Nutrigrain Bar                   |
| Milk and Cereal Bar       | Sun Chips                        |
| Cheetos Baked Crunchy     | Rice Krispie Treats              |
| Munchies Snack Mix        | Frozen 100% Fruit Bar            |
| Fruit and Cheese Kabobs   | Angel Food Cake w/Fruit          |
| Apples w/Carmel Dip       |                                  |

