

HALF HOLLOW HILLS CENTRAL SCHOOL DISTRICT

OF HUNTINGTON AND BABYLON

September 2009

BONNIE SCALLY

Child Nutrition
Program Director

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:

Total Fat < 7 grams; Saturated Fat < 2 grams; Sodium < 360 mg; Sugar < 15 grams

Choose whole grain and zero trans fat products whenever possible.

RECOMMENDED SNACKS:

Cut-up Fresh Fruit*
Cut-up Fresh Vegetables*
Individual Fruit Cups*
Applesauce, unsweetened*
Whole Grain bread or crackers*
Yogurt, low fat, plain*
String Cheese, low fat*
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, lowfat
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

* **Highly recommended for nutritional value**

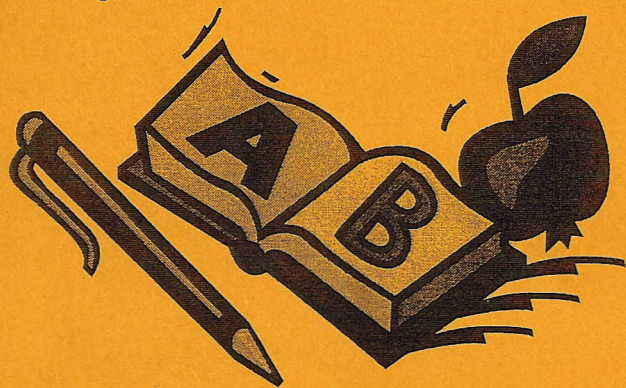
RECOMMENDED BEVERAGES:

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 with more than **15 grams** of sugar
Chips with more than **7 grams** of fat
Cakes and cupcakes with more than **15 grams** of sugar and/or **7 grams** of fat
Foods containing trans fat or hydrogenated oils
Soda
Sports drinks
Juices with less than 100% fruit
Beverages with caffeine



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

If you would like to learn more about healthy snack choices, visit NY State School Nutrition Association's website at nyssfsa.org & click on "Choose Sensibly".

