



Pearl Ridge Elementary School Wellness Guidelines/Expectations

Purpose: To promote student wellness and provide students access to nutritious foods and beverages.

In accordance with the Hawaii State Department of Education (HIDOE) Wellness Guidelines and BOE Policy 103-1, Pearl Ridge Elementary School promotes student wellness. Food and beverages **PROVIDED** (not sold) on campus meet HIDOE Nutrition Guidelines. Examples of where this applies are:

- Class celebrations
- Any food provided other than culinary arts classes

Classroom Celebrations

Shifting the focus from unhealthy foods to healthy fun can help cultivate healthier eating patterns. Pearl Ridge Elementary asks that these classroom food guidelines be followed:

- Celebrations do not take place during or in place of school lunches. *Extenuating circumstances may be approved by administration.*
- A **minimum** of two food items (e.g., fruits, vegetables, animal crackers, etc.) that meet HIDOE Nutrition Guidelines.

HIDOE Wellness Nutrition Guidelines <ul style="list-style-type: none"> ● Be whole grain-rich ● First ingredient must be: whole grain, fruit, vegetable, dairy product, or protein food ● Be a combination food that contains of $\geq \frac{1}{4}$ cup of fruit and/or vegetable 	<u>Calories</u>	Snacks: ≤ 200 calories
		Entrees: ≤ 350 calories
	<u>Sodium</u>	Snacks: ≤ 200 mg
		Entrees: ≤ 480 mg
	<u>Fat</u>	Total Fat: $\leq 35\%$ of total calories
		Saturated Fat: $\leq 10\%$ of calories
		Trans Fat: Zero grams
	<u>Sugar</u>	Snacks: $\leq 35\%$ of total weight of item

- **All** food items must be store bought/prepackaged, a visible ingredient label is strongly recommended.
- Beverages
 - Water (no limit)
 - Milk (unflavored 1% or fat free; \leq or equal 22 grams of sugar per 8 oz.)
 - 100% Fruit or vegetable juice with no added sweeteners
- Food provided shall be coordinated and determined by the teacher.
For **example**, classroom sign up may look similar to this menu.

Winter Celebration (Sign Up)	
Menu	Volunteers
Fruit platter	1. Sam S.
Veggie platter	2.
	3.

Birthday Treats

There are many ways of making the birthday child feel special. Parents wanting to send a birthday treat to school are encouraged to work with the classroom teacher. Pearl Ridge Elementary strongly recommends sending non-food items such as a book donation, stickers, pencils, erasers, etc. Due to students with food allergies, please comply with your child's classroom teacher's request.

Daily snacks

Students are encouraged to follow HIDEOE Nutrition Guidelines. Due to students with food allergies, students are not permitted to share snacks with others.