



Hawaii Department of Education & Pōmaika'i Elementary School's

Wellness Policy

Let's Help Our Keiki Make Healthy Choices!

At Pōmaika'i Elementary School we believe in whole child wellness; social, emotional, physical, and intellectual. Part of wellness is eating right. When students are making healthy food choices their energy is stabilized, their moods are more balanced, focus and awareness improves, a healthy weight can be maintained, and mental and physical health conditions are prevented. Plus, healthy eating habits are more likely to stay with you if you learn them as a child. That's why it's important that we teach our children good habits now. It will help them stick with these eating patterns throughout their lives.

We ask for your support in following the guidelines of the Wellness Policy when providing your child with snacks from home and for celebrations. Please individually wrap all snacks to be shared with your child's class. Listed below are suggested food items, foods to avoid, and celebration ideas to help you choose healthy snacks for your child.

Per serving, a healthy snack has:

- > **Calories:** Equal or less than 200 calories
- > **Total Fat:** Equal or less than 8 grams
- > **Saturated Fat:** Equal or less than 2 grams
- > **Trans Fat:** Zero
- > **Sodium:** Equal or less than 200 mg
- > **Dietary Fiber:** Equal or more than 2 grams
- > **Sugar:** Equal or less than 8 grams
- > Sugar should NOT be listed as the first ingredient on the nutrition label.

Safe Food Suggestions for Snacks & Lunches

- Fresh Veggies
- Yogurt
- Raisins
- Fresh Fruit & Applesauce
- Crackers
- Whole Grain Goldfish
- Most Pretzels
- Smart Snacks
- Popcorn
- Baked Chips
- Buy healthy snacks in bulk and pack them in reusable containers to avoid waste

Foods to AVOID

- Bakery Items
- Chocolate
- Candies
- Chips
- Donuts
- Cereal products and bars with nuts
- Any other products containing peanuts or peanut trace
- Sunflower seeds
- Fruit Snacks
- Soda and Sugary Drinks

Celebration Ideas

- Scan this QR Code for lots of healthy ideas! 
 - Pencils
 - Erasers
 - Bookmarks
 - Stickers
 - Stamps
 - Classroom Board Game
 - Donate a hardcover book to the Library. Include your child's name, picture, and/or dedication message.
 - Provide supplies for an art project, rather than birthday treats
- ***Celebration items cannot replace lunch