

# REASONS TO EAT MORE FRUITS & VEGGIES

- FUN TO EAT - some crunch, some squirt & some need to be peeled.
- QUICK, NATURAL SNACK - considered nature's treat!
- LOW IN CALORIES - they are naturally low in calories.
- CONVENIENCE - they are the perfect grab-n-go snack!
- THEY'RE GOOD FOR YOU!



## RESOURCES

[www.choosemyplate.gov](http://www.choosemyplate.gov)  
[www.eatright.org](http://www.eatright.org)  
[www.forthehealthcare.com/healthy\\_kids/](http://www.forthehealthcare.com/healthy_kids/)  
[watertownhealthfoundation.com](http://watertownhealthfoundation.com)  
[www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

More information is available on the District website at [www.sdoj.org/family/health-and-wellness.cfm](http://www.sdoj.org/family/health-and-wellness.cfm) including the District approved Healthy Snack List



SCHOOL DISTRICT OF  
JEFFERSON

# WELLNESS

Information Brochure

# STAY HEALTHY TOGETHER

The School District of Jefferson recognizes its responsibility to provide a healthy learning environment by supporting wellness, good nutrition, and regular physical activity.

## POLICY HIGHLIGHTS

- Provide nutritional guidelines for healthy food & beverage choices.
- Encourage healthy school celebrations.
- Promote physical activity.

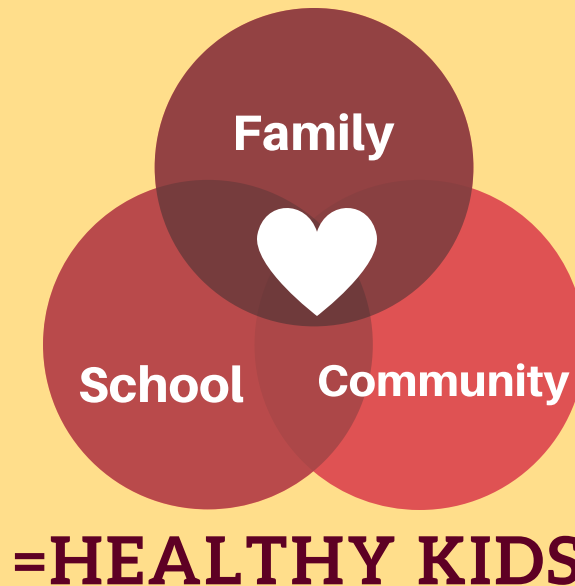
## FUNDRAISING

All school-based fundraising activities are encouraged to promote a healthy lifestyle. The sale of candy or cookies is discouraged.

## IMPORTANT CHANGES



- **Effective the 2017-18 school year, all classroom snacks for celebrations (i.e., birthdays & holidays), must meet the revised Wellness Policy requirements.**
- **The approved District Snack List can be found on the District's Health & Wellness webpage at <http://www.sdoj.org/family/health-and-wellness.cfm>.**
- **Home-baked goods are not considered safe for sharing and, therefore, are prohibited for classroom celebrations.**



## CELEBRATING HEALTHY

Classroom parties and birthday celebrations should include healthy treats or non-edible items such as pencils or stickers. If a parent or guardian chooses to send a food item other than a fruit or vegetable, it must be purchased at a store, not homemade, and should include the original nutrition label and expiration date.



**COMING SOON!**

On-line BIRTHDAY treat ordering!

SDOJ Nutrition Dept.