

STUDENT WELLNESS



Parents and Students - Blaine County School District is on the road to becoming even healthier!

Here are the changes parents and staff should be aware of:

Parents are encouraged to speak to their child's teachers about limiting celebrations with food and/or including food that meets the district's nutrition standards. The main ingredient of food consumed for celebrations should be whole grain, fruit, vegetable, protein, or dairy.

Staff are encouraged to use non-food rewards or limit food as a reward to food with the main ingredient as whole grain, fruit, vegetable, protein or dairy. Staff are encouraged to collaboratively decide as a building when they will have celebrations that include food and communicate that with parents.

Students will see changes in the à la carte items offered at the secondary schools by the end of the school year. There will also be changes in the remaining vending machines at secondary schools. The district Wellness Committee will begin meeting in September to clarify district nutrition standards and more information will be sent throughout the school year.

Healthy Party Snacks

Classroom food should emphasize fresh fruits and vegetables; whole grains and low-fat dairy foods.

- Fruit kabobs made with a variety of fruit
- Popcorn
- Unsweetened applesauce cups
- Veggies and hummus
- Turkey and cheese roll ups
- Whole grain crackers or pretzels
- Toasted sunflower or pumpkin seeds
- Smoothies made with plain yogurt and fruit
- Whole grain tortilla chips and salsa and/or guacamole and/or bean dip
- Edamame pods
- Cheese sticks

Healthy Beverages

Water should be the primary drink, as it satisfies thirst without adding calories or sugars (plus, it is low cost!)

- Water
- Seltzer or sparkling water
- Low-fat and fat-free plain milk



The Blaine County School District Board of Trustees approved an updated Student Wellness Policy in April, 2014. Questions? Email hcrocker@blaineschools.org or call 578-5005 and we will send answers out through the next few weeks.