



## SNACK POLICY

Aloha Katou,

As you know the overall well-being and health of each student is a focus here at Ke Kula Niihau O Kekaha. We offer our students a well-balanced nourishing snack daily. We would like to encourage parents and caregivers to provide healthier snack choices for your keiki. Should you want to provide a snack for your child, a list of acceptable snacks for KKNOK is provided below.

| <b>Tupono</b><br><i>Examples of GREAT snacks</i>   | <b>Ano Tupono</b><br><i>Examples of OKAY snacks</i>   | <b>Tupono 'Ole</b><br><i>Examples of NO-WAY snacks</i>   |
|--|---|--|
| Talo/Poi<br>Ulu/uala<br>Fresh fruit/dried fruit nuts<br>Trailmix (no chocolate vegetable sticks)<br>(no sugar) applesauce<br>(low sugar) cereal<br>Pretzels<br>Plain popcorn<br>Yogurt<br>Cheese<br>(original) baked chips<br>100% fruit juice<br>Wheat Thins<br>Water, Low-Fat Milk | GranolaBars (w/some chocolate)<br>Flavored baked chips<br>Goldfish crackers<br>Canned fruits<br>Trail mix (some chocolate)<br>Gogurt<br>Fruit Juice<br>Fruit Muffins (w/out frosting)<br>Animal Crackers<br>Arare | (anything with hydrogenated oils, high-fructose corn syrup)<br>Candy; chips, gum; soda<br>Raw Saimin<br>Fried Chips<br>Fruit Rolls-Ups<br>Rice Krispie Treats<br>Cookies<br>Gatorade<br>Pudding<br>Monster/Energy Drinks |

Healthy snacks should include foods that are close to the source, such as: **Sandwiches, Musubi, Chopped fruits or vegetables, Water, 100% fruit juice, or low-fat milk. Water is readily available and milk is served with breakfast and lunch at the school.**

Please do not pack snacks containing high sugar, salt, and fats. These types of snack and meal choices will be discouraged by faculty and staff. Thank you very much for your cooperation in providing healthier snack choices for your child.

Mahalo nui,

Pootumu Tia Koerte