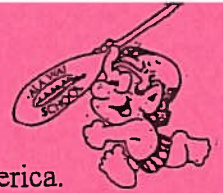


Dear Parents,



Your help and support is crucial in stemming the tide of **obesity and poor health** in America. It is predicted that due to poor diet, our children today could be the first generation that will not live longer than their parents. In order to promote good health and well-being and as part of compliance with Federal law, the Hawaii Board of Education (BOE) has established a new **WELLNESS Policy**.

Ala Wai School is making changes to comply with this Wellness Policy. So, we would like to inform you about our policy regarding snacks: **All student snacks sold and/or consumed in school or on school grounds & fieldtrips should meet guidelines for healthy snacks.**

All School Snacks Should Meet these Guidelines (from Institute of Medicine) **per serving:**

**Calories** must be equal to or less than 200 calories  
**Sodium** equal to or less than 200mg  
**Fat** equal to or less than 8 grams  
**Saturated fat** must be equal to or less than 2 grams  
**Trans fat** must be 0  
**Sugar** equal to or less than 8 grams.

Note: If sugar is the first ingredient, the item is not food, it is candy.  
**Fiber** must be greater than or equal to 2 grams



**\*\* If an item meets all but one criteria, it is okay for consumption in the school.**

### Regarding Birthdays

**Please do NOT send any sweets (candy, cakes, cupcakes, cookies, ice cream, fruit punch, etc.) to school for your child's birthday. These do NOT meet the WELLNESS nutrition guidelines AND WILL NOT BE SERVED.**

Instead, if you want to celebrate your child's birthday at school, please consider any of the following, and **be sure to contact your child's teacher beforehand**. Some suggestions are:

- **Fruits** (grapes, orange wedges, tangerines, watermelon-cantaloupe-honeydew slices, apple slices, apple sauce cups, cherries, banana, pineapple spears, strawberries, melon slices, 100% fruit juice, etc.)
- **Vegetables** (carrot sticks, cucumber sticks, celery sticks, broccoli florets {blanched}, olives, edamame in pod, etc.)
- **Tea-size sandwiches** (tuna, egg salad, cheese) **NO PEANUT BUTTER OR PEANUTS- TOO MANY FOOD ALLERGIES.**
- **Fat-free Popcorn**
- **Graham crackers**
- **Non-food items are great.** Kids love pencils, stickers, erasers, small notepads, crayons, bookmarks, etc.

**Mahalo for your support!**

