

Hawaii State DOE Wellness Policy (Implements BOE Policy 1110-6)





In an effort to promote health, nutrition, & wellness so that students make healthy choices and are successful in school, Ka’ahumanu School implements the DOE Wellness Guidelines.

Healthy Snacks have:

- Equal to or less than 200 calories
- Total Fat equal to or less than 8 grams
- Saturated Fat equal to or less than 2 grams
- ZERO Trans Fat
- Less than ≤ 200 mg of Sodium
- Less than 8 grams of sugar

Snacks or treats not meeting the “Healthy Snack” requirements will not be distributed in classes or school. Thanks for your cooperation!

Please partner with us in developing your child's healthy lifestyle choices by following the guidelines below when sending snacks to school:

Acceptable 	Snacks to Avoid 	Fun Alternative 
Pretzels Baked Chips 100 Calorie Snack Packs Popcorn String Cheese Fruit Cups Frozen Yogurt Granola Bars Jell-O Pudding Juice Dried Fruit	Homemade baked goods Cupcakes Cakes and Pies Cookies Brownies Ice Cream Candies Chocolates 	Pencils Erasers Bookmarks Stickers Jump Ropes Donation to the class

If you have any questions, please contact the office at 587-4414.