

**Wellness Guide and Snack Policy**

Kanu o ka 'Aina is encouraging all 'Ohana to develop lifelong healthy eating practices.  
The following guidelines are presented to help your home become an 'ai pono household.

**WELLNESS PRINCIPLES:**

- All keiki deserve a nutritious and safely prepared food.
- Healthy haumāna are better able to learn.
- Health haumāna attend school more often.
- Eating habits and active lifestyles that are developed in childhood affect health throughout life.
- Vending machines that sell soda, sugary and salty snacks are prohibited.
- Health and Physical Education are a part of our educational program and curricular offerings; including lessons on mindfulness.
- KANU has adopted Na Hopena A'o Outcomes which include a strengthened sense of total well-being.
- An 'Ohana (Family) Support Team (OST) provides comprehensive support services to students and their families in need.
- KANU aims to teach the value of eating well-balanced foods and all other foods in moderation.
- KANU promotes food sustainability through school garden education.

**CHECKLIST OF HEALTHY 'OHANA HABITS:**

- Eat breakfast every day and follow with a healthy snack, eat meals every 3-6 hours.
- Prepare meals at home and eat as an 'ohana at least 5-6 times a week.
- Mākua- Prepare foods and serve proper portions. Keiki- Decide how much to eat.
- Serve at least one colorful fruit/vegetable as part of each meal.
- Serve 3 cups of milk or calcium-rich food daily.
- Limit sweet drinks to no more than 4 oz of 100% juice per day.
- Serve whole grains (such as brown rice)
- Encourage keiki to eat school breakfast whenever possible.
- Play outside for 1 hour or more daily, -play as a family at least once per week.
- Two hours or less of TV viewing per day.
- Involve the whole family in lifestyle changes, mākua are healthy role models.

**CRITERIA PER SERVING FOR A HEALTHY SNACK:**

- Calories- Less than or equal to 200 calories
- Total Fat- Less than or equal to 8 grams
- Saturated Fat- Less than or equal to 2 grams
- Trans Fat- Zero (0)
- Sodium - Less than or equal to 200 milligrams
- Sugar - Less than or equal to 8 grams
- Dietary Fiber- More than or equal to 2 grams

**'Ai Pono**

For children to reach their highest level academically, it is imperative that they eat three well-balanced meals per day. Haumāna should have a nutritious breakfast before coming to school, or eat breakfast at school. In addition, haumāna should bring home lunch or eat lunch at school. We discourage fast foods for home lunch consumption.

Haumāna are provided time for short breaks during the day and are encouraged to bring healthy snacks to consume during those times. Healthy snacks to bring to school include:

**SUGGESTED SNACKS:**

*Mission: Kūlia i ka Nu'u—Strive to reach your highest*

# *Kanu o ka 'Aina* New Century Public Charter School

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'Uala, Kalo, 'Ulu	Fresh Veggies Fruit/Nut Trail Mix w/out candy
Fresh/Dried Fruits	Nuts
Yogurt	Granola Bars (no chocolate)
Popcorn	Cheese
Dried Fish	Water

## NON-ALLOWABLE SNACKS:

Cookies	Soda/Fruit/Sport/Energy Drinks
Saimen	Candy
Sugar cereals	Gum
Chips	Pop Tarts

## Committee Members:

Allyson Tamura, Administration  
Mahina Duarte, Administration  
Nalei Kahakalau, Faculty member  
Katy Whitman, Ohana Support Team member  
Chelsey Dickson, Parent  
Kayela Kaaihili, Faculty member  
Val Hanohano, Faculty member  
Dani Whitley, Faculty member  
Nadine Dochin, Faculty member  
Maya Chong, Faculty member

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