



**STAKING A CLAIM IN OUR STUDENTS' FUTURE**

**TELEPHONE: 405-282-8900**

Dear Parent / Guardian:

Over the past decade, childhood obesity and unhealthy eating have increased dramatically while students continue to exercise less.

As a result, federal and state legislatures have addressed the obesity issue with mandates for schools, specifically Public Law 108-265, Section 204, which requires each Food Authority to establish a local School Wellness Policy. Guthrie Public Schools adopted a District Wellness Policy on May 07, 2006. A copy can be found on the GPS website (<http://www.guthrie.k12.ok.us>).

The Guthrie Public School District respectfully requests that parents who wish to celebrate students' birthdays at school bring "healthy snack choices and beverages." A recommended list of healthy snack options provided by the Oklahoma State Department of Education has been attached for your reference.

We ask for your cooperation to provide the healthy food choices in accordance with the law and our District Wellness Policy. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health as well as their behavior and academic achievement in school.

Sincerely,

Guthrie Public School District  
Healthy and Fit School Advisory Committee

(Healthy Snack Choices list follows)

**SANDY GARRETT**  
**State Superintendent of Public Instruction**  
**Oklahoma State Department of Education**  
**Child Nutrition Programs**

## HEALTHY SNACK CHOICES

Does your school vending machine need a makeover? Many food items in vending machines are loaded with calories, sugar, fat, and sodium.



Schools should provide healthful food and beverage choices in order to promote student wellness. Snack items sold to students through vending machines, concession stands, and school stores should provide nutrients and not empty calories.

Schools should consider the following recommended nutritional guidelines when evaluating snack food items. Check for the following nutritional requirements per single serving, as stated on the Nutrition Facts label.

- Less than 30 percent or 7 grams of fat (exception for nut and seed mixes)
- Less than 10 percent or 2 grams of saturated fat
- No more than 35 percent sugar by weight or 15 grams (exceptions are fresh and dried fruits)
- Less than 480 mg sodium

## Recommended Healthy Snack Options

### *Foods*

- Nuts/peanuts
- Dried fruits
- Canned fruits
- Trail mix
- Whole-grain cereal bars
- Pretzels
- Baked chips or crackers
- Animal crackers
- Graham crackers
- Baked cereal mix
- Baked fish-shaped crackers
- Granola bars
- Whole-grain chips
- String cheese
- Fresh fruits
- Raw vegetables
- Popcorn
- Lowfat yogurt
- Lowfat baked goods
- Lowfat crackers
- Pudding
- Beef jerky
- Bagels
- Multigrain bars
- Fruit snacks

### *Beverages*

- Bottled water
- 100 percent fruit juice
- Tea (unsweetened or diet)
- Skim milk
- 1 percent milk (flavored or unflavored)
- Sports drinks
- Electrolyte replacement drink
- Fruit-based (no less than 50 percent fruit juice and no added sweeteners)