

## HEALTHY FOOD GUIDELINES

### Student Leaders, Student Scholars

Good nutrition is key in helping children grow and learn. BMMA revised the Local School Wellness Policy in 2017 and the Board of Directors passed the revision to ensure the policy is practiced schoolwide.

#### ALLOWABLE FOODS ON CAMPUS

- **Fruit-** such as apples, pears, plums **Vegetables-** such as carrots, celery, jicama



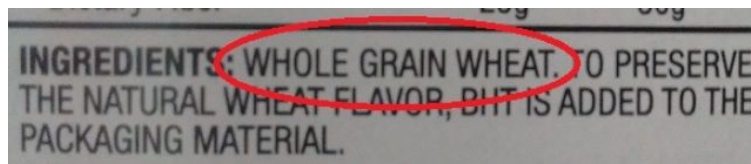
- **Dairy Food-** such as Real cheese, 1% milk, soy milk or non high-fat dairy foods



- **Proteins-** such as nuts, seeds, eggs, legumes, low-fat cheese



- Whole grain food- grains such as wheat, corn, rice, barley, oats, quinoa, and rye. Should be eaten in their “**whole form**”. Products should list whole grain food first, be at least 51% or have a whole grain stamp.



## NON-ALLOWABLE FOODS ON CAMPUS

### Sodas, Sports Drinks, Caffeinated Beverages



### Fried Chips



### Sugary Desserts, Popsicles, Candy



## Student Leaders, Student Scholars

### Tips on how to meet Bella Mente's Healthy Food Guidelines:

*Instead of sugary drinks such as soda or energy drinks, try these great options:*

- Water or flavored water with real fruit and vegetable such as cucumbers and lemon
- 100% fruit juice with no added sugar
- Non-fat or 1% milk, soy milk
- Plain seltzer or club soda

*Instead of fried chips, nachos, Cheetos, try these great options:*

- Air-popped popcorn with no butter
- Tortilla chips and salsa
- Raw vegetables with hummus, bean dip, bruschetta, ants on a log with sunbutter
- Cheese platters, or string cheese
- Whole grain pretzels, whole grain crackers, granola or granola bars and other items listed with whole grain ingredients first

*Instead of cupcakes, donuts, cake, or cookies, try these other great options:*

- Whole grain breads or muffins (blueberry, corn, zucchini, banana)
- Look for other whole grain baked goods that are less in fat

*Instead of ice cream, popsicles or sundaes, try these great options:*

- Yogurt or yogurt parfaits
- 100% frozen fruit bars
- Fruit cups packed in 100% fruit juice
- Fresh fruit such kiwis, apples, berries, etc

*Instead of candy, try these great options:*

- Fruit trail mix
- Nuts (almonds, cashews, pistachios, etc)
- Raisins, craisins, dried fruits
- Roasted pumpkin seeds or sunflower seeds
- Ants on a log

Here is a great resource link to help guide you to ensure all foods and beverages consumed during the school day support the development of healthy eating habits.

<https://www.healthiergeneration.org/take-action/schools/wellness-topics/smart-snacks>

Student Leaders, Student Scholars



Dear Bella Mente Leopard Families,

We are working hard to make Bella Mente a healthier school for your child(en). Between holiday, birthday, and year end celebrations, the number of sugary foods and beverages that may be a part of a child's life outside of the school can add up quickly. While occasional treats are special, too many can become unhealthy for our students. Choosing another option such as physical activity or sharing a book to read in class is always a great way to celebrate any occasion both at home and in school.

We want to create a healthy school because studies show healthy students become better learners. We want to educate Bella Mente students about healthy options and how to make responsible food choices resulting in positive life-long healthier habits. Therefore, we invite you to join us in creating healthy celebrations throughout Bella Mente.

Whenever food is part of any classroom celebration, we ask that food and beverages meet the Healthy Food Guidelines. Examples include, fresh fruit, vegetables, whole grains, lower fat cheese, water with fresh fruit, etc. Please reach out to your child's teacher or the Coordinator of Health and Wellness to answer your questions. Please remember that sodas and candy are **NEVER** allowed on site for celebrations or otherwise.

If you have questions feel free to reach out to Mr. Hank Stelzl our Coordinator of Health and Wellness at [hstelzl@bellamentecharter.org](mailto:hstelzl@bellamentecharter.org).

Thank you so much for helping us to create a healthier community for your child to learn in.

Sincerely,  
Bella Mente Montessori Academy

Adopted from Alliance For a Healthier Generation