



# Tobin K-8 School /BBTE (Before & After School Program) Healthy Snack and Beverage Policy

The Maurice J. Tobin K-8 School strives to create a healthy environment for students, and to do our part in combating the national problem of childhood obesity. This past school year, a Body Mass Index (BMI) screening was conducted by the school nurse and approximately 39% of 5th graders at our school fell into the overweight or obese categories. Adolescents with high BMI are at increased risk for developing diabetes, heart disease, and some cancers. The state of Massachusetts has launched initiatives to battle this growing problem of obesity among its children. Here at the Tobin K-8 we are committed in doing our part to create guidelines for the 2018-2019 school year to ensure that students are not consuming extra sugar, fat, and salt during the course of the school day:

## Tobin K-8 Expectations:

Students may not consume and educators may not provide students with snacks or beverages purchased outside of school in the classroom unless they follow the snack and beverage guidelines listed below. Educators may not throw any food (snacks or beverages) away provided by families. Educators may effort to substitute items if/as available and share the Snack Guidelines below with families.

## Snack Guidelines:

The snack guidelines are from the Alliance for a Healthier Generation, a partner of Boston Public School’s Health & Wellness Department. The guidelines are:

- Up to 100 calories
- Up to 35% calories from fat
- Up to 10% calories from saturated fat
- 0g trans fat
- Up to 35% calories from sugar

## Suggested Snacks:

<ul style="list-style-type: none"> <li>Any piece of fresh fruit or vegetable slices</li> <li>Unsweetened applesauce</li> <li>Fruit cups/salad in juice or light syrup</li> <li>Dried fruit</li> <li>4oz cup nonfat yogurt (preferably with added fiber, such as Activia)</li> <li>Whole-wheat crackers (such as Triscuits)</li> </ul>	<ul style="list-style-type: none"> <li>Granola bars (preferably .84oz low-fat or fat-free)</li> <li>Oatmeal To Go bar (1.4oz by Quaker)</li> <li>1 oz (handful) of nuts</li> <li>Baked animal crackers/grahams (.9 oz)</li> <li>Goldfish snack crackers (.75 oz)</li> <li>Whole grain cereal (such as Cheerios) in small snack bag (~.75 oz)</li> </ul>
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## Sugar-Sweetened Beverages:

Students may not consume or be provided with sugar-sweetened beverages during the course of the school day. Examples include sodas, fruit drinks with added sugars such as Capri Sun, sports drinks, and sweetened coffee or tea. Students may consume 100% juice drinks in containers of 8 oz or less, low-fat or fat-free plain milk, or flavored skim milk with 22 grams of sugar per 8 oz or less. Drinking water will remain available at all times during the school day.

## Fundraisers/ School Celebrations:

All fundraisers taking place within the school should support a healthy school environment and be free from solicitation of foods that do not meet the Tobin K-8’s healthy snack and beverage policy. Items such as candy, cookies, and cupcakes may not be used as school fundraisers. Please contact the school’s Wellness Council for healthy eating ideas.

## Food as Incentives:

Staff needs to refrain from using foods/beverages and field trips associated with foods/beverages that do not meet the Tobin K-8’s nutritional guidelines as incentives.

**Compliance with the Tobin K-8’s Healthy Snack and Beverage policy is the responsibility of our entire community of administrators, staff, students, and parents/caretakers. We appreciate your support in making the Tobin K-8 a leader in the fight against childhood obesity.**