



Wellness & Shared Snacks at School

Per Federal and State requirements, Collier County Schools has created the B-Fit Nutrition Program. This is a Wellness Policy that is Board approved and reviewed annually. In the best interest of our students, Veterans Memorial Elementary School will be embracing this Policy and working toward healthy school celebrations. Veterans Memorial Elementary School is also proud to be recognized as a Blue Zones School. For more information about B-fit and Blue zones please visit the below web pages.



<https://www.collierschools.com/bfit>



<https://southwestflorida.bluezonesproject.com/>

Classroom celebrations such as birthdays and other special occasions in the classroom is fun and provides a great way to teach students about wellness and healthy eating habits. Providing healthy classroom celebrations demonstrates a school commitment to promoting healthy eating habits. Healthy celebrations promote positive lifestyle choices to reduce student health risks and improve learning. Classroom teachers will each share their quarterly celebration dates and plans with families. **During these quarterly celebrations teachers will welcome a variety of snacks both healthy and traditional sweet treats. Please be sure that if you are planning to provide a snack for sharing in the classroom or at school that you speak with your child's teacher directly prior to bringing this snack in.**

We acknowledge that birthday celebrations are special for students, each classroom teacher acknowledges a student's birthday in various ways. If you wish to send in a snack for sharing on your child's birthday, you may send in a B-fit food item for the class or non-food item that will be shared with classmates. Please refer to the below Health Snack Options list for healthy sharable snack ideas. **Items such as cakes, cupcakes, cookies, etc... will not be permitted.** Some non-food items to consider include: a colorful pencil, eraser top, stickers, bookmarks, or a small novelty item. Distributing party invitations at school will only be permitted if there is an invitation for all students in the classroom, or all girls, or all boys.

Our goal is to provide a learning environment to support and promote wellness, nutrition, and an active lifestyle. Thank you in advance for helping us to promote a climate of wellness!

Healthy Snack Options

- Fruits
- Pirates Booty
- Skinny Pop
- Graham Crackers
- Pretzels
- Baked Cheez-its
- Goldfish
- Veggie Straws
- Apple Sauce pouches
- Frozen Yogurt pops
- Granola Bars
- Raisins
- Cheese sticks
- Carrots
- Crackers (not butter crackers or saltines)
- Hummus

