

# Wellness Plan

## Healthy Snack Suggestion List

As part of the Rocklin Unified School District's Wellness plan we are discouraging candy, soda, and sugar laden snacks. Instead, we are strongly encouraging parents to send with their children healthy snacks and party foods that will help sustain greater focus and academic concentration while at school. We appreciate your support of these efforts towards helping our children learn and practice healthy eating habits. While this is not an all-inclusive list, we would like for you to consider focusing on such snacks as:

Applesauce  
100% juice products  
Water  
Cheese/crackers  
Vegetables with dip  
Frozen yogurt (class treat)  
Juice freezes  
Bagel chips  
Popcorn  
Animal crackers  
Pretzels  
Fresh fruit  
String cheese  
Beef Jerky  
Baked chips  
Salads  
Yogurt/fruit/granola/nutrition bars  
Bagels  
Chex Mix

**BIRTHDAY NOTE:** If you would like to do something special for your child's birthday, please discuss this with your child's teacher as we are **no longer** distributing cakes, cookies, cupcakes, candy etc. at school. Special stickers, sharpened pencils, erasers or pencil tops, or the purchase of a book for the library that is read during library time, however, are other ways to acknowledge your child's special day.