

Nutrition Guidelines Riverview School District

Riverview School District has adopted a baseline for nutrition in our District through Policy 6700-1 as follows:

POLICY 6700-1

Elementary Nutritional Standards

Maximum portion sizes of snacks, sweets, and other a la carte items will meet at least three of the following:

- Contain 150 or fewer calories with no more than 10% of combined calories be derived from saturated fat and eliminate trans fat
- 35% of calories from fat or 6 grams or less of fat with the exception of nuts, seeds, and cheese
- Two or more grams of fiber
- 35% or less sugar by weight with the exception of fresh, dried, or canned fruits and vegetables

Type and size allowed for beverages

- 100% fruit juice with no added sweetness, 12 ounce maximum
- Water, any portion or size

Following these policy standards, each school is required to adopt guidelines to educate parents and staff about appropriate reward incentives to be used by staff in the classroom as well as treats brought to school for celebrations by parents.

Nutrition Guidelines for Parents Carnation Elementary School

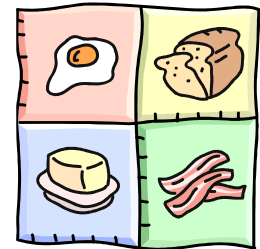
Carnation Elementary School recommends the following guidelines concerning classroom nutrition during the school day in the area of classroom celebrations:

- **Food Item Suggestions:**
 - Fruits: apples, grapes, strawberries, bananas, etc.
 - Vegetables: carrots, celery sticks, pea pods, etc.
 - Cheese and Crackers
 - Finger Jell-O or Jell-O Cups
 - Granola Bars
 - 100% Juice Bars or drinks
 - Foods meeting the standard of Policy 6700-1
- **Non-Food Item Suggestions:**
 - Pencils, bookmarks, eraser tops, magnets
 - Stickers
 - Simple Art Projects
 - Activity or game or books for classroom
 - Foods meeting the standard of Policy 6700-1

For further information about the RSD Nutrition Policy, please contact Kaye Wetli, Food Services Director, at 425-844-4560.

Riverview School District

NUTRITION POLICY GUIDELINES For PARENTS



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