

SHAC HEALTHY SNACK GUIDELINES— YOUR QUESTIONS ANSWERED!

Why were the SHAC Healthy Snack Guidelines developed?

Foods sold after school and for fundraising should support student health, not encourage the over-consumption of fat and sugar! Unhealthy eating habits can lead to overweight, high cholesterol, high blood pressure and diabetes. All opportunities for eating on campus should be opportunities for learning how to eat healthfully. After all, *children live what they learn.*

What are the SHAC Guidelines based on?

These guiding principals from the Institute of Medicine:

1. The present and future health and well-being of school-age children are profoundly affected by dietary intake and the maintenance of a healthy weight.
2. Schools contribute to current and life-long health and dietary patterns and are uniquely positioned to model and reinforce healthful eating behaviors in partnership with parents, teachers, and the broader community.
3. All foods and beverages offered on the school campus will contribute to an overall healthful eating environment.

The specific guidelines are modeled after the Texas Public School Nutrition Policy and the beverage standards in the Institute of Medicine's report *Nutrition Standards for Foods in Schools: Leading the Way Toward Healthier Youth* released in April 2007.

<http://www.iom.edu/Object.File/Master/42/568/Food%20in%20Schools%20Fact%20Sheet.pdf>

What's wrong with a little candy or soda, anyway?

An occasional sweet makes life enjoyable! However, kids are bombarded with opportunities for eating sweets on a daily basis. High sugar foods are empty calorie foods—having very little, if any, nutritional value. Sweet foods like soda, candy and high fat snacks

often take the place of healthier foods that contain nutrients needed for children to grow *and* learn.

A daily diet of sweets can lead to obesity as well as tooth decay. Just 100 extra calories per day can lead to a 10 pound weight gain in one year!

How Can PTA's raise money *without* selling candy?

Easily! There are plenty of foods that *can* be sold—and there many ways to raise money without selling food. Studies have shown that when junk food is replaced with healthy food, kids buy the same amount—and sometimes more!

What is SHAC?

SHAC stands for School Health Advisory Council, a volunteer committee which is mandated by the Child Nutrition Act of 2004. SHAC is comprised of parents, community members, and school district employees; it advises the Board of Trustees on matters of health education, nutrition and physical education and human sexuality education. Every school district has a SHAC; and every SHAC is required to develop a Local Wellness Policy. The EPISD Wellness Policy can be viewed at XXX (For more info about SHAC: <http://www.episd.org/Schools/shacnew.html>)

Food for Thought: For the first time in many decades, children may have a shorter life expectancy than their parents! This is due to childhood obesity and the resultant long term health problems that go with it. Children are being diagnosed with Type 2 Diabetes at alarming rates, and children are developing early signs of heart disease. By working together, parents and schools can reverse these unhealthy trends!