

Limit Unhealthy Choices for Snacks and Celebrations; Provide Healthy Choices



WHY DOES THIS MATTER?

SNACKS

- Snacks can be good or bad for children's diets depending on the choices we offer. Limiting unhealthy choices and providing healthy snacks can improve students' behavior, focus, academic achievement, and attendance. Too much junk food and an unhealthy diet can slow down child learning.¹⁻⁴
- Snacks are a bigger part of children's diets than in the past.⁵ More snacking on unhealthy foods like potato chips, cookies, and candy is one factor connected with childhood obesity.⁶ When healthier choices are offered alongside less healthy ones, children will eat fewer unhealthy snacks.⁷

CELEBRATIONS

- Classroom celebrations can happen many times during the year and tend to include foods high in sugar, fat, and calories.⁸ Limiting unhealthy choices and having healthy celebrations will support what students are learning in the classroom about healthy behaviors. Sticking to non-food-based celebrations may also help prevent weight gain in certain students.⁹
- Serving healthy snacks to children:
 - Provides good nutrition.
 - Supports lifelong healthy eating habits.
 - Helps reduce the risk of developing long-lasting health conditions.^{10, 11}

References

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