



EXCELSIOR SPRINGS
S C H O O L D I S T R I C T
— *Together, Achieving Excellence* —

July 1, 2017

Dear Parents/Guardians,

The Excelsior Springs School District recognizes the link between student health and learning. The District Wellness Program (Policy ADF) outlines how the District handles nutritional and physical education, meals and snacks. This policy revision, contains several changes designed to promote a healthy lifestyle while your child is at school based on federal requirements.

One change to be aware of is that all snacks provided to your child at school, either by staff, parents or parent groups, are recommended to meet the USDA Smart Snack Standards. Smart Snack Standards are the federal guidelines that regulate all foods outside of the National School Lunch and Breakfast Program.

Allowable snacks will have their first ingredient listed as fruit, vegetable, dairy product, or protein food and contain less than a certain percentage of fat, sugar, sodium and calories. The attached pamphlet will provide you with more information as well as a list of preferred items. Parents should note that lunch and snacks sent to school for individual consumption do not need to meet the new standards.

Please help us implement these new guidelines and keep our kids healthy. If you have questions that your building administration cannot answer, feel free to call Terri Combs, Director of Student Services at 630-9200.

Terri Combs

Terri Combs
Director of Student Services