

### Policy Background

Childhood obesity is a serious problem in the United States. Approximately 17% of children and teens (12.7 million) ages 2-19 are obese. Healthy food environments are a critical factor in helping children and teens to make better food choices and learn to eat healthier foods – and that’s important no matter what they weigh. Children need a variety of good nutritious foods to grow well, do well in school and become healthy adults. Research tells us that when we use nutrition standards in communities, such as healthy snack policies, children have healthier food environments.

#### Examples of smart snacking ideas – check the nutrition label for snacks around 100 calories.

- Mini Bagels
- Cereal (non-sugary)
- Cheese sticks or cheese cubes
- Cherry or grape tomatoes
- Crackers / Graham Crackers
- Dried fruit (raisins, apricots, etc.)
- Fresh fruit or veggies (peeled / cut)
- Grapes (seedless)
- Mini Rice Cakes
- Popcorn
- Pretzels
- Trail mix
- Yogurt
- Granola or granola bars

\*Some items may pose choking hazards for younger children. Please use good judgment in snack item selection. Be aware of allergies.\*

### Policy Statement

**Our Organization commits to the following guidelines for providing a healthy snack environment to children in our community:**

1. Can be a food snack or a drink snack, but not both, **UNLESS** the drink is water
2. Must be around 100 calories TOTAL (Food and/or Drink = 100 calories)
3. Must be healthy
  - a. Low in sodium/fat/cholesterol
  - b. Less than 30% of calories from fat
  - c. No candy, chips, donuts, or high calorie/sugar snacks
  - d. Any drinks must be water, 100% juice or low-fat milk (see *RevYourBev757 policy*)
4. Only non-food items will be used as rewards.
5. Taking food away or prohibiting a child from eating a group snack will not be used for managing behavior.

Organization Name: \_\_\_\_\_

Address: \_\_\_\_\_

Official(s)  
Name/Title: \_\_\_\_\_

Signature(s): \_\_\_\_\_ Effective Date: \_\_\_\_\_

**Please fax or email copy of signed statement to: 757-668-6425 or [CINCH@evms.edu](mailto:CINCH@evms.edu)**

**Resources:** Healthy Food Environments: <http://www.cdc.gov/obesity/strategies/healthy-food-env.html>; Childhood Obesity: <http://www.cdc.gov/obesity/data/childhood.html>; Healthy Eating for Kids: <https://www.nutrition.gov/life-stages/children>.

For more information please contact us at [cinch@evms.edu](mailto:cinch@evms.edu) or visit [www.cinchcoalition.org](http://www.cinchcoalition.org). CINCH is program of EVMS Pediatrics, to engage the community to improve children's health.