



## BUTTERNUT WELLNESS POLICY

Districts throughout the state have developed wellness plans in compliance with federal regulations. The Butternut staff has worked to develop a plan that advocates a healthy lifestyle. We have activities that incorporate good food choices along with daily exercise and/or movement. Again this year our Wellness Plan strives to enhance good nutrition and physical activity within the school day.

We are providing healthy snacks at lunch that meets nutritional guidelines. Students will have frozen yogurt, apple slices with peanut butter, granola bars, tiny pretzels, fruit, yogurt, milk and juice that range in price from .25 to 1.25.

We also ask that parents refrain from providing birthday snack treats for students that are unhealthy. Carrot sticks, pretzel rods, stickers, erasers or any other non-food items may be provided to help celebrate a special day. We had a lot of success the past few years with all of the parental support. We look forward to your continued support to make our Wellness Plans a huge success again this year.

Our mutual goal is to have healthy students with healthy lifestyles.

