



Momilani Wellness

Nutritional Guidelines

With busy schedules, after school activities, and long commutes it is often difficult to make sure we eat healthy foods. At Momilani we are working towards implementing our Wellness Nutritional Guidelines and improve community awareness.

We are asking parents and families to help us promote wellness. Please, take time to discuss the guidelines with your child at home and read labels together. When sending your child off to school with food or drinks for lunch and snacks, as well as holiday or birthday treats we ask that you take the following guidelines into consideration. We have noticed since we started, there have been changes in the awareness of our students as well as the choices made for recess snacks. Keep up the good work!

One of our newest projects will involve the whole school. Staff and students will be working on a project to find snacks that meet our wellness guidelines. Once we compile a list, we will share with all of you in a future newsletter. Thank you for your support!

All snack items sold or served to students anywhere at school or at school sponsored functions, including items sold in ala carte lines and fundraisers, or provided in classrooms must meet the Institute of Medicine (IOM) standards **per serving** based on the nutrition facts label or U.S. Food and Drug Administration-established serving size reference amount:

Snacks:

- Calories \leq 200 calories
- Total Fat \leq 8 grams
 - With the exceptions of nuts and seeds.
- Saturated Fat \leq 2 grams
- Trans Fat ZERO
- Sodium \leq 200 mg
- Sugar \leq 8 grams
- Dietary Fiber \geq 2 grams
 - Snacks with $<$ 2 grams of dietary fiber are currently acceptable.



Meals:

- All meals sold or served to students at school or at school sponsored functions must comply with the current USDA Dietary Guidelines.
- Meals should feature fresh and minimally processed fruits and vegetables from local sources to the greatest extent possible.



Beverages:

- Water without flavoring, additives, or carbonation
- Low-fat and nonfat milk:
 - Lactose-free and soy beverages are included
 - Flavored milk with no more than 22 g of total sugar per 8 oz. portion
- 100 percent fruit juice
- Caffeine-free, with the exception of trace amounts of naturally occurring caffeine substances



Food of Minimal Nutritional Value

The following items are not provided to students anywhere at school or at school sponsored functions:

- Food of minimal nutritional value as defined by U.S. Department of Agriculture (USDA) regulations.
 - Soda Water
 - Water Ices
 - Chewing Gum
 - Certain Candies
 - Hard Candy
 - Jellies and Gums
 - Marshmallow Candies
 - Fondant
 - Licorice
 - Spun Candy
 - Candy Coated Popcorn
- All food and beverage items listing sugar, in any form, as the first ingredient, such as candy.
- Food containing artificial trans. fat.