

Seneca Valley School District Health Initiative

The Seneca Valley School District recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development and readiness to learn. We are committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

The goal of nutrition education is to teach, encourage and support healthy eating by students. The Seneca Valley Wellness Committee and the Coordinated School Health Initiative offer these suggestions as alternative healthy food choices.

Please contact your classroom teacher or school nurse prior to finalizing arrangements regarding any food allergies.

Snack Smart Treats (Choose low fat):

Ham/cheese rollups
Nut-free trail mix
Nut-free trail mix/cereal/popcorn
Sherbet
Frozen fruit bars
Animal crackers
String cheese/cheese cubes
Smoothie – yogurt/fruit/milk
Yogurt dips – for fruit/vegetables
Celery sticks – dipped in salsa
100% fruit juice mixed with sparkling water
Banana slices dipped in honey
Pretzels
Graham crackers
Fresh fruit slices
Popcorn/taco seasoning
Soft pretzels/low fat cheese sauce
Baked tortilla chips
Dried fruit
Celery/cream cheese/raisins
Individual fruit cups
Applesauce
Fruit/cheese kabobs
Veggies/low fat dip or yogurt dip
Rice cakes
Fudgecicles



Teacher alternative ideas:

Post It Notes
Pencils
Paperclips
Highlighter pens
Homework passes
Novelty pencil erasers

Alternative for PTO parties:

Magician
Band or music/show/concert (in school)