

The 70/30 Guideline

Events, parties and snacks at Watchung can follow the simple guideline of providing 70% or more of food choices from the **Green** Light List. Use judgment when supplying foods from the **Yellow** and **Red** Light Lists.



The Watchung Food Guide in Action!

- Make shared classroom snacks good FUEL for the students to make it through the school day. Offer fresh fruit, veggies and whole grains!
- Consider a *non-food* related celebration (for birthdays or holidays) such as a physical game, craft project or book donation to the classroom. If a sweet treat is a must, watch portion size and make it mini.
- Follow the 70/30 guidelines for holiday celebrations and school events - include at least 70% of foods from the **Green** Light list and 30% or less from **Yellow/Red** Light List.

Read Nutrition Labels and Ingredient Lists when bringing food to share at school.



Watchung Elementary School
14 Garden Street, Montclair, NJ 07042
973-509-4259



Partners for Health
FOUNDATION



This food guide is part of the community-wide Eat. Play. Live...*Better* movement to improve health and wellbeing where we live, learn, work, and play. Eat. Play. Live... *Better* is funded by the Partners for Health Foundation.

Content, design, and community outreach crafted by parents Sarah Forrest, Beth Guthrie and Dina Aronson of Montclair Public Schools Health and Wellness Partnership with inspiration from Montclair students and families.

Photo credits: Sarah Forrest

The Watchung Food Guide

FUEL FOR SCHOOL

Options for
Snacks, Parties,
&
Events at School

