

## 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



# The Watchung Food Guide

FUEL FOR SCHOOL

Options for  
Snacks, Parties,  
&  
Events at School

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.*

