

Dear Parents and Guardians,

At Kemp Primary we strive to provide our students with a learning environment that supports their academic and social needs. Providing good nutrition is an essential part of helping our children reach their maximum academic and social potential. The Clayton County district Wellness Policy states that all Clayton County schools will follow the requirements of the federal and state laws when providing foods and beverages to their students. Our cafeteria does an excellent job at following these requirements during breakfast and lunch.

In order to further comply with the district Wellness Policy and to extend the excellent work that the cafeteria does into other areas of Kemp Primary we will now be following the USDA's Smart Snacks guidelines. Students at Kemp Primary will only be provided Smart Snacks during the school day, and we encourage parents to help in these efforts by following the Smart Snack guidelines when sending snacks to school. Did you know that children may consume a quarter of their calories from snacks? Research shows that children with healthy eating habits perform better academically. By making all snack options Smart Snacks it makes a healthy snack the only option! We encourage you to review the Smart Snack policies found on the USDA website. A few simple guidelines are listed below to help you and your family make the best choices possible for healthy snack options!

Smart Snack Guidelines:

Calories: 200 calories or less

Sodium: 200 mg or less

Total Fat: 35% of calories or less

Saturated Fat: Less than 10% of calories

Trans Fat: 0 g

Sugar: 35% by weight or less

For more information regarding Smart Snacks and/or federal nutrition guidelines please visit <https://www.fns.usda.gov> .