



## Healthy Snack Policy

Dear Families,

### Did you know?

- Childhood obesity is ranked as the #1 health concern for children in the U.S. today
- One in every three children born in 2000 is likely to develop type 2 diabetes
- Replacing sugary and fast foods with fruits, vegetables and whole grains has been shown to significantly improve behavior and academic performance

Because of these reasons, Boys & Girls Clubs of San Francisco is joining First Lady Michelle Obama to reverse obesity in a generation. Our goal is to become **the healthiest place in San Francisco** for young people. We are implementing a healthy snack policy that includes providing a snack every day for any youth in the community ages 0-18 – not just Club members!

Parents and caregivers play a key role in teaching children to make healthy choices for themselves. Unfortunately, snack foods are often filled with sugar, salt, fat and do not have many nutrients. As part of our new policy, youth may bring healthy items such as fruits, vegetables, trail mix, string cheese, whole grain crackers (such as Triscuits or whole grain goldfish ), Cheerios, Raisin Bran, nuts, and peanut butter:



**Please save unhealthy items such as chips, cookies, sugary drinks and candy for special occasions at home.** If you have any questions about the policy, please feel free to speak with your Clubhouse Director or Program Manager.



\*Keep TV/Computer out of the bedroom. No screen time under the age of 2.