

# LAMAR R-1 SCHOOL DISTRICT

## BOARD OF EDUCATION

ZACH K. HARRIS, Ed.D.  
*Superintendent*

PIPER L. STEWART, Ed.S.  
*Executive Director of Special Services*

202 W. 7<sup>TH</sup>  
Lamar, Missouri 64759  
417-682-3527  
FAX: 417-682-6013  
[www.lamar.k12.mo.us](http://www.lamar.k12.mo.us)

BOARD OF EDUCATION  
Randy Day, President  
Justin Ogden, Vice-President  
Bobby Bronson  
Brian Griffith  
Christy Heins  
Daniel Whyman  
Charles Winslow

September, 2017

Recent Federal Legislation requires school districts to adopt and revise their Wellness policy-ADF. Recently, Lamar R-I Board of Education adopted policy ADF. The purpose of this memo is to communicate the change in policy and how that will impact past practice and ask for your help in keeping us in compliance with policy and Federal regulation. Previously, food sold to students during the school day was required to meet certain nutritional requirements. That has now changed and all food distributed to students during the school day must meet Smart Snack Standards. For complete details please check this link.

[https://www.fns.usda.gov/sites/default/files/tn/USDA\\_SmartSnacks.pdf](https://www.fns.usda.gov/sites/default/files/tn/USDA_SmartSnacks.pdf)

Snacks and treats are often distributed to students during celebrations such as birthdays, holidays, or other parties. These snacks must now meet the Smart Snack guidelines. Cupcakes, candy, and other treats will not be allowed unless they meet the nutrition requirements found within the Smart Snack guidelines. Throughout the year we will be working with our School Health and Wellness Committee to develop acceptable alternatives to traditional snacks. Our goal is not to eliminate the celebrations, but find alternatives that meet the new Federal guidelines and our Board policy. We need everyone's help and understanding in this change so we would ask for patience as we work to communicate alternatives. Should you have questions please contact your child's building Principal. Thank you for your support and understanding.

Smart Snack Planner: <https://foodplanner.healthiergeneration.org/products/>