

**Healthy Celebration and Make Snacks Count Articles from 1/26/16**

<b>Title</b>	<b>Author</b>	<b>Summary</b>	<b>Source/Link</b>
Healthy Snacking Benefits	Baertlein L	Nutritionist from Las Vegas discusses importance of avoiding extreme hunger with small meals every 3 to 5 hours.	<a href="http://www.everydayhealth.com/diet-nutrition/meal-planning/healthy-snacking-benefits.aspx">http://www.everydayhealth.com/diet-nutrition/meal-planning/healthy-snacking-benefits.aspx</a>
From policy to practice: Addressing snack quality, consumption, and price in afterschool programs	Beets M, Tilley F, Weaver R, et. al	When afterschool programs partnered with local grocery stores to purchase produce at a reduced cost, >80% children consumed fruit and 60% consumed vegetables. The partnership saved \$2000-\$3000 compared to if the snacks had been purchased elsewhere.	<a href="http://www.sciencedirect.com.proxy.lib.ohio-state.edu/science/article/pii/S1499404613006908">http://www.sciencedirect.com.proxy.lib.ohio-state.edu/science/article/pii/S1499404613006908</a> (need Science Direct access)
Community Partnership to Address Snack Quality and Cost in After-School Programs	Beets M, Tilley F, Turner-McGrievy G, et. al	After school programs formed community partnership with local grocery stores to improve snack quality while maintaining or decreasing expenditures.	<a href="http://web.a.ebscohost.com.proxy.lib.ohio-state.edu/ehost/detail/detail?sid=e90face5-7894-4653-89b6-dd6d165a9b68%40sessionmgr4005&amp;vid=0&amp;hid=4106&amp;bdata=JnNpdGU9ZWlhvc3QtG1ZQ%3d%3d&amp;preview=false#AN=25040123&amp;db=mnh">http://web.a.ebscohost.com.proxy.lib.ohio-state.edu/ehost/detail/detail?sid=e90face5-7894-4653-89b6-dd6d165a9b68%40sessionmgr4005&amp;vid=0&amp;hid=4106&amp;bdata=JnNpdGU9ZWlhvc3QtG1ZQ%3d%3d&amp;preview=false#AN=25040123&amp;db=mnh</a> (need EBSCO access)
Fundraising, celebration and classroom rewards are substantial sources of unhealthy foods and beverages on public school campuses	Caparosa S, Shordon M, Santos A, et. al	Low-income California school district analyzed for food-related policy implementation. Nutrition standards for fundraising, class parties, and school stores are low. High level of standards for school meal programs and a la carte items.	<a href="http://www.ncbi.nlm.nih.gov/pubmed/23764087">http://www.ncbi.nlm.nih.gov/pubmed/23764087</a> (access to PubMed needed)
Bronx teacher uses gardening to inspire students to study science	Colangelo L	Teacher aims to build healthy living habits and healthy environment by working with students to grow fruits and vegetables in the Bronx.	<a href="http://www.nydailynews.com/new-york/education/bronx-teacher-gardening-change-lives-students-article-1.2292369">http://www.nydailynews.com/new-york/education/bronx-teacher-gardening-change-lives-students-article-1.2292369</a>
Preschoolers who eat veggies just as likely to eat junk food	Anderson, et.al	Preschoolers from low-income Columbus neighborhoods who ate fruits and vegetables were just as likely to consume high sugar, high salt, high fat foods compared to children who did	<a href="https://news.osu.edu/news/2016/01/11/preschool-food/">https://news.osu.edu/news/2016/01/11/preschool-food/</a>

		not consume produce.	
Calories in the Classroom: Celebration Foods Offered and Consumed during Classroom Parties at an Urban Elementary School in a Low-Income, Urban Community	Isoldi K, Dalton S	Food and beverage intake, goodie bag distribution and activities were observed by researchers in low-income schools. It was found the majority of food was low-nutrient and calorically dense. Schools need stricter wellness policies to better regulate caloric intake during celebrations.	<a href="http://www.ncbi.nlm.nih.gov/pubmed/22867078">http://www.ncbi.nlm.nih.gov/pubmed/22867078</a> (access to PubMed needed)
Classroom "Cupcake" Celebrations: Observations of Foods Offered and Consumed	Isoldi K, Dalton S	Majority of celebration foods in low-income, urban elementary schools were low-nutrient and calorically dense.	<a href="http://www.sciencedirect.com.proxy.lib.ohio-state.edu/science/article/pii/S149940461100265X">http://www.sciencedirect.com.proxy.lib.ohio-state.edu/science/article/pii/S149940461100265X</a> (need ScienceDirect access)
The increasing prevalence of snacking among US children from 1977 to 1996	Jahns L, Siega-Riz AM, Popkin BM	Prevalence of snacking occasions increase across all age groups, but the size of the snack and energy remained the same. Snacks decreased in calcium density and increased in energy density and calories from fat.	<a href="http://www.sciencedirect.com.proxy.lib.ohio-state.edu/science/article/pii/S0022347601875636">http://www.sciencedirect.com.proxy.lib.ohio-state.edu/science/article/pii/S0022347601875636</a> (need ScienceDirect access)
A qualitative study of children's snack food packaging perceptions and preferences	Letona P, Chacon V, Roberto C, Barnoya J	A focus group of 7-12 year-olds discovered that taste was number one determinant in choosing snacks with product imaging and characters included also being important factors. Food packaging changes at the policy level may encourage children to choose healthier snacks.	<a href="http://www.ncbi.nlm.nih.gov.proxy.lib.ohio-state.edu/pmc/articles/PMC4300846/">http://www.ncbi.nlm.nih.gov.proxy.lib.ohio-state.edu/pmc/articles/PMC4300846/</a>
Factors Influencing obesogenic dietary intake in young children (0-6 years): systematic review of qualitative evidence	Paes VM, Ong KK, Lakshman R	Caretakers/parents, family and peer modelling had a significant influence on a young child's diet. Future interventions should not promote modelling positive behaviors but target home, preschool, and childcare environments to encourage a healthy diet.	<a href="http://www.ncbi.nlm.nih.gov.proxy.lib.ohio-state.edu/pmc/articles/PMC4577937/">http://www.ncbi.nlm.nih.gov.proxy.lib.ohio-state.edu/pmc/articles/PMC4577937/</a> (need PubMed access)
Trends in Snacking Among U.S. Children	Piernas C, Popkin BM	Nationally representative surveys of food intake among	<a href="http://content.healthaffairs.org.proxy.lib.ohio-">http://content.healthaffairs.org.proxy.lib.ohio-</a>

		U.S. children were analyzed. Children are consuming almost 3 snacks per day and over 27% of their daily calories are coming from these snacks. Desserts and sugar sweetened beverages are major sources of calories from snacks.	<a href="http://state.edu/content/29/3/398">state.edu/content/29/3/398</a> (need academic access)
Dietary Source of Energy, Solid fats, and Added Sugars among Children and Adolescents in the United States	Reedy J, Krebs-Smith S	NHANES data analyzed for total energy, energy from solid fats and added sugars,. Top sources of energy were grain desserts, pizza and soda. Almost 40% total energy was in the form of empty calories. The flow of empty calorie foods must be reduced.	<a href="http://www.ncbi.nlm.nih.gov/pubmed/20869486">http://www.ncbi.nlm.nih.gov/pubmed/20869486</a>
Association of Nutrient-Dense Snack Combinations With Calories and Vegetable Intake	Wansink B, Shimizu M, Brumberg A	Examination of whether children consumed fewer calories when offered high-nutrient dense snacks consisting of cheese and vegetables than children who were offered non-nutrient dense snacks (ie, potato chips). Vegetable and cheese snack group consumed 72% less calories than the potato chips group. Effective means to reduce calorie intake.	<a href="http://pediatrics.aappublications.org.proxy.lib.ohio-state.edu/content/131/1/22">http://pediatrics.aappublications.org.proxy.lib.ohio-state.edu/content/131/1/22</a> (need academic access)

### **Healthy Celebration Resources**

*Connecticut State Department of Education: Healthy Celebrations*

[http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Healthy\\_Celebrations.pdf](http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Healthy_Celebrations.pdf)

*National Alliance for Nutrition and Activity*

[http://cspinet.org/new/pdf/healthy\\_school\\_celebrations.pdf](http://cspinet.org/new/pdf/healthy_school_celebrations.pdf)