

# WELLNESS POLICY LETTER

Dear Families,

We have a [District Health and Wellness Policy](#) as required by Federal and State regulations.

We are asking for your cooperation to ensure that if a snack is sent in for any classroom parties or birthday celebrations it must be nutritious, i.e. fruit, pretzels, vegetables, yogurt, cheese, etc. On the next page are suggestions for healthy snacks that can be used in place of traditional cakes, cupcakes, soda, and candy. Additionally, as we are peanut/tree nut aware schools, we ask that snacks that are sent into the classroom are peanut/tree nut free.

We are also encouraging alternatives to using food for classroom celebrations. For example, birthday celebrations may also include the purchase of a book for the library, donating new or used board games, donating a piece of playground equipment, i.e. jump rope, playground ball, or a book donated to the classroom. These items last longer than food items and eliminate concerns over food allergies.

We will also be encouraging students to bring healthy snacks and lunches to school. These guidelines also pertain to food served in our school cafeterias. Please join us in reminding your children not to share snacks and food with other children because of food allergies.

As we make changes that will benefit our students, we are asking for your support as you plan to contribute to parties and celebrations. Keep in mind that food sent to school that does not meet our guidelines will be returned home with the student. We are looking forward to a healthy school year.

Sincerely,

Mr. Tim Bickhart, Bridgeport Elementary School  
Mr. Steven Van Mater, Caley Elementary School  
Mr. Frank McCartney, Candlebrook Elementary School  
Mr. Christopher Dickerson, Gulph Elementary School  
Dr. Anthony Grazel, Roberts Elementary School

## SUGGESTED HEALTHY SNACKS

**(Some smart choices for school or all occasions)**

<ul style="list-style-type: none"> <li>• Apple</li> <li>• Carrot</li> <li>• Pear</li> <li>• Low-fat Pita Chips</li> <li>• Blackberries</li> <li>• Low-fat Yogurt</li> <li>• Raw Broccoli</li> <li>• Celery</li> <li>• Bagel w/ Jam</li> <li>• Strawberries</li> <li>• Low-fat Cottage Cheese &amp; Fruit</li> <li>• 1/2 Grapefruit</li> <li>• Graham Cracker</li> <li>• Apple Butter on Toast</li> <li>• Fruit Canned in its own Juice</li> <li>• Air-Popped Popcorn</li> <li>• Bell Pepper Strips</li> <li>• Fruit Smoothies (nonfat yogurt+fruit+skim milk)</li> <li>• Fruit Salad</li> <li>• Banana</li> <li>• Cantaloupe</li> <li>• Honeydew Melon</li> <li>• Baked Bagel Chips</li> <li>• Raisins</li> <li>• Apple Slices Sprinkled w/Cinnamon</li> <li>• Veggie Pizza w/o Cheese</li> <li>• Grapefruit Juice</li> <li>• Raw Veggies &amp; Low-fat Dip</li> <li>• Plums</li> <li>• Animal Crackers</li> <li>• Cucumber</li> <li>• Baked Potato Chips</li> <li>• Sugar-free Jello &amp; Fat-free Cool Whip</li> <li>• Unsweetened Applesauce</li> <li>• Fat-free Cookies</li> </ul>	<ul style="list-style-type: none"> <li>• Cold Sugar-free Cereal &amp; Skim Milk</li> <li>• Instant Oatmeal &amp; Fresh Fruit</li> <li>• Raw Trail mix (1 oz.)</li> <li>• Pizza Sauce on Whole Grain English Muffin</li> <li>• Baked Potato &amp; Low-fat Cottage Cheese</li> <li>• Tomato Stuffed w/ Cooked Brown Rice</li> <li>• Toasted Pita Wedges &amp; Low-fat Cheese</li> <li>• Fat-free Pudding</li> <li>• Cooked Plantain</li> <li>• Bean Dip &amp; Veggies</li> <li>• Cherry Tomatoes</li> <li>• Apple Juice</li> <li>• Zucchini, Pumpkin or Banana Bread</li> <li>• 1/2 Lean Turkey Sandwich</li> <li>• Pasta &amp; Veggie Salad w/Olive Oil &amp; Vinegar</li> <li>• Gingersnaps</li> <li>• Potato Skins w/ Fat-free Sour Cream</li> <li>• Low-fat Mozzarella String Cheese</li> <li>• Grape Juice</li> <li>• Ice Milk</li> <li>• Hummus &amp; Toasted Pita</li> <li>• Fig Bars</li> <li>• Baked Sweet Potato Strips</li> <li>• Blueberries</li> <li>• Cranberries</li> <li>• Low-fat Crackers w/Low-fat Cheese</li> <li>• Whole Grain Breadsticks</li> <li>• Green Salad w/ Low-fat dressing</li> </ul>	<ul style="list-style-type: none"> <li>• Baked Tortilla Chips &amp; Salsa</li> <li>• Orange</li> <li>• Rice Cake &amp; Lt. Cream Cheese</li> <li>• Cooked Asparagus w/ Lemon</li> <li>• Non-fat Frozen Yogurt</li> <li>• Pineapple</li> <li>• Frozen Grapes</li> <li>• Low-sodium Veggie Juice</li> <li>• Grapes</li> <li>• Granola Bar</li> <li>• Cooked Squash Slices</li> <li>• Mini Tacos</li> <li>• String Beans</li> <li>• Pineapple Juice</li> <li>• Pizza</li> <li>• Frozen Fruit Bars</li> <li>• Raspberries</li> <li>• English Muffin w/ Fruit Spread</li> <li>• Pretzels (hard/soft)</li> <li>• Vanilla Wafers</li> <li>• Natural Fruit Juice &amp; Seltzer</li> <li>• Fruit &amp; Cheese Kabob</li> <li>• Tangerine</li> <li>• Apricots</li> <li>• Watermelon</li> <li>• Nonfat Plain Yogurt &amp; Fresh Berries</li> <li>• Oatmeal Raisin Cookies</li> <li>• Dried Fruit</li> <li>• Rice Cakes</li> <li>• Raw Peas</li> </ul>
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**Please Be Respectful of Students with Food Allergies When Sending in Any Food!**