

Wellness Reminders for Parents

- Please read all labels for ingredients
- Statements on the label such as “processed in plant “or “may contain” or “made on equipment with” peanuts or tree nuts are not allowed in the classroom.
- No home baked goods for in-school class celebrations
- Please do not bring munchkins from Dunkin Donuts. There is no list of ingredients for someone to check.
- You may order peanut, tree nut free cookies from Whitsons (school food services provider) by emailing: rkilham @ whitsons. com

Nutritional Guidelines

- Only 100% juice, water , or milk will be allowed for school celebrations
- No soda is allowed
- No tree nuts or peanuts due to the high incidence of life threatening allergies
- No candy
- No trail mix as this contains nuts
- 10 grams of fat or less per snack serving
- Snack foods must be in portions of 2 ounces or less

Healthy Snack Ideas

- Fresh fruit or vegetable tray- whole or slices but all fruit/vegetables must be cut up at school to reduce the chances of cross contamination
- String cheese, cheese cubes, with whole grain crackers
- Low fat pudding cups, low fat yogurt in squeeze packs or cups
- Pretzels, low fat popcorn
- Animal crackers, graham crackers, oatmeal raisin cookies

Non Food Ways to Celebrate

- Donate a book to the school library or classroom in honor of a child’s birthday
- Donated playground/physical activity such as jump ropes or balls
- Celebrate with active games chosen by the student
- Have a dance party
- Special art project
- Lunch with the principal