

Dear Parents,

The ICCSD is committed to providing a safe and healthy learning environment for our students. Due to the increase in food allergies and concerns with childhood obesity, changes have been made to the district's Wellness Policy regarding classroom snacks, birthday treats and classroom celebrations.

Classroom snack / Classroom celebration food requirements (these requirements are the same as Smart Snacks and Healthy Foods Guidelines :



- Snacks **must not** contain peanuts or peanut butter, or made in a factory where cross-contamination may occur
- Fresh fruits and vegetables are preferred choices
 - Please wash and cut fruits and vegetables for easy serving
- No home-made foods
- Foods other than fresh fruits and vegetables must be packaged with ingredients listed
 - Preference for whole grain or whole grain products
 - Calories less than 200 cal/serving
 - Zero trans fat
 - Calories from saturated fat less than 10%
 - Low Sugar, low sodium, high fiber

Thank you in advance for assisting us in adhering to the Wellness Policy expectations.

The first grade team is asking each parent to provide snack for the class one day each month. In order to do this efficiently, we are asking each parent to choose a week in which they will provide a snack one day during that week. Please send enough for 25 students. You will send in a snack the same week each month (1st, 2nd, 3rd or 4th week of the month). Snack can be sent to school with your child during that week or you may bring it to the classroom before/after school. Again, you will only need to provide snack for the class ONE time during the month. Please pick up your snack reminder card at Ice Cream Social.

The children enjoy eating their snack while they are working. *For this reason, we ask that snacks are individually packaged or placed in plastic baggies **before** they are sent to school.* Drinks are not needed as we have a water fountain in the room.

Some possible healthy snack suggestions include:

- Fresh fruit, dried fruit, fruit cups or applesauce with spoons
- Fresh vegetables with or without dips/spreads
- Yogurt
- Individual packages of pretzels, snack crackers, rice cakes, chips, or popcorn.
- String Cheese
- Granola/cereal Bars (**(*High alert products, no peanut butter flavor, be sure to check ingredients and factory warnings*)**)

Thank you for your participation!

First Grade Teachers