

September 2018

Dear Parents and/or Guardians,

Welcome to the 2018-2019 school year! We would like to take this time to remind you of our schools initiative to promote healthy snack choices during your child's snack time.

The New-Hope Solebury School District is committed to providing a school environment that supports children's health, well-being and ability to learn by supporting healthy eating habits and physical activity. Therefore, we encourage parents and/or guardians to make healthy nutritional choices when you are packing your child's snack for school. Providing your child with nutritious snacks for school not only keeps your child healthy, but it promotes life-long eating habits, and helps in the prevention of diseases such as diabetes and obesity. Also, healthy snacks provide your child with the necessary energy to get through the school day so that they can think and learn to the best of their ability.

At the New-Hope Elementary schools we do not have a snack policy that forbids unhealthy snacks; we simply just want to encourage all parents and/or guardians to help with our proposal of keeping the children of our school healthy and fit. Below you will find some suggestions of nutritional snack ideas that are low in fat, sugar and salt and promote health and wellness at the same time.

Fruits and Vegetables

- raw vegetable sticks with low fat dip or salad dressing
- fruit cups, applesauce cups (unsweetened)
- fruits such as apple slices, strawberries or blueberries

Whole Grains

- dry whole grain cereal: Cheerios, Raison Bran, Frosted Mini-Wheats
- whole grain rice cakes and low-fat popcorn
- whole grain granola bars that are low in fat and sugar: Nature Valley bars, Quaker bars

Low-Fat Dairy Snacks

- low-fat or non-fat yogurts (no more than 30 grams of sugar in a 6 oz. cup):
  - o Go-Gurt by Yoplait, Danimals Low-Fat Drinkable Yogurt
- Low fat or fat free pudding

Thank you. Please feel free to contact us if you have any comments or concerns. Have a safe and healthy school year!

Sincerely,

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