

Jericho Union Free School District
George A. Jackson Elementary School
58 Maytime Drive
Jericho, New York 11753
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Snack and Celebration Recommendations 2017 - 2018

Serving healthy snacks to children is important in providing good nutrition, supporting lifelong healthy eating habits, and helping to prevent potentially-disabling diseases, such as diabetes, high blood pressure, heart disease and obesity. Snacks play a major and growing role in children's diets. The Jackson Site Based Team discussed good nutrition and ways to help our community make healthy choices. (Site Based Team is a committee consisting of teachers, parents, students, staff and administration that provides a forum to work together toward the betterment of our school.) As a result of a school-wide survey including Jackson parents indicated that they are in **favor** of students having the following:

- healthy snacks in school
- less foods containing hydrogenated oils and high fructose corn syrup
- fresh fruit sales
- healthy snacks at birthday celebrations (grade 5 only)
- alternatives to birthday celebrations that are centered more on **non-food activities** such as the following:
 - reading a favorite book
 - sharing a special interest with the class
 - recess time in lieu of snacks, etc.

Our school community recognizes that we must model, foster, and teach children to eat well and be physically active in order to achieve a lifetime of good health. Please consider the results of this survey because it is our shared responsibility to properly fuel the minds and bodies of our students.

What is a Sensible Daily Snack?

All snacks are not equal! We believe that healthy snacks provide necessary nutrition and energy to get through the school day. For most children, a single snack may be just enough! According to the New York State School Food Service Association, "sensible" snacks have the following:

- 7 grams or less of fat
- 2 grams or less of saturated fats
- 15 grams or less of sugar
- 360 milligrams or less of sodium
- one serving per package

(over)

Sensible snack, the kind to send daily, may consist of:

- fruits
- vegetables
- cheese
- applesauce
- yogurt
- baked chips
- pretzels
- healthy snack packs
- granola bars, etc.

Non-healthy snacks include:

- sugar-based fruit juice
- soda
- candy
- cake
- donuts, and the like.

What about Special Occasions?

- Please consider a non-food class celebration for the following: (grade 5 only)
 - birthdays
 - "Family Fun"
 - "Star Student"
 - seasonal parties
- Teachers brain-stormed a list of activities with their classes as to what these alternatives could be and this list will be shared with all the parents on Meet-the-Teacher Night.
- Please be sensitive to students in your child's class with allergies or diabetes. For example, if there is a child with a peanut allergy in your child's classroom, please do not bring in any class-wide snack that may contain peanuts or peanut by-products. We do not want to exclude any child from celebrating a special event with his/her classmates.
- **For safety reasons, please do not send in any "goody bags" for the class, or items that could be an issue for students to bring home on the bus, such as umbrellas, rackets, hula hoops, etc. They will be returned.**

Our collective challenge is to educate our children on choices that promote wellness. We appreciate your partnership.

Sincerely yours,

Benny D'Aquila

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Principal