



Healthy Snack / Birthday Treat

Why healthy snacks and non-edible birthday treats?

- To promote healthy lifestyle choices for students
- This year *parents and teachers are asked to provide an alternative to food for birthday and holiday celebrations, student motivators, and rewards.*

There are some wonderful methods to celebrate birthdays/holidays and reward positive student behaviors and achievements without using edible treats.

- [USDA comparison of old to new standards](#)

Healthy Snacks:	Birthday Treats/Holiday Treats:
<p>For those classes that have snack as part of the instructional day, please make sure that a healthy snack is packed for your child. Please keep the snack simple to eat. <u>Specific classroom guidelines should be discussed with your child's teacher, especially if there are food restrictions or food allergies.</u></p> <p>Please send a snack from one of the following options:</p> <ul style="list-style-type: none"> ● Frozen fruit/juice popsicles ● Sliced fruit ● Low fat muffins ● Cereal party mix ● Granola bars ● Low fat pudding cups ● 100 calorie packs of treats ● Flavored rice cakes ● Pretzels ● Dried fruits ● Low fat yogurt ● Baked chips ● String cheese 	<p>Cupcakes with frosting, cakes, cookies, doughnuts, candy, brownies etc. are all part of a high sugar diet that does not follow a healthy eating routine.</p> <p>Juliette Low School would like to ensure that our students are making healthy choices not just as part of hot lunch but also with birthday and holiday treats.</p> <p>We ask that you do not send Halloween or Valentine candy during the holidays. We will celebrate during classroom parties with either a selection from the healthy snacks list or a non-edible treat.</p> <p>Non-edible treat suggestions may include but are not limited to the following:</p> <ul style="list-style-type: none"> ● Pencils ● Books ● Erasers ● Markers, Crayons, Colored Pencils ● Post It notes

