

Jericho Union Free School District  
**George A. Jackson Elementary School**  
58 Maytime Drive  
Jericho, New York 11753  
516-203-3640

## **Snack and Celebration Recommendations 2022 - 2023**

Here at the George A. Jackson Elementary School, 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. At Jackson, we promote:

- healthy snacks in school
- less foods containing hydrogenated oils and high fructose corn syrup
- 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.

### **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

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

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

(over)

**Non-healthy snacks** include:

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

Please be sensitive to students in your child's class with allergies. For the 2022-2023 school year, our classroom and school will continue to be a **NUT-FREE** zone (peanut and tree nuts). This will help us ensure that we minimize the risk of any life threatening reactions.

**What about birthday celebrations?**

Teachers will brain-storm a list of activities with their classes as to how students can celebrate their birthday in lieu of food. This list will be shared with all parents during Meet-the-Teacher Night.

**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, slime, etc. They will be returned.**

Thank you in advance for helping us educate our children on choices that promote overall health and wellness. We appreciate your partnership.

Sincerely yours,

*Alex Rivera*

Alex Rivera, Ed.D.  
Principal