



# Classroom and Birthday Snacks

*Neptune Beach Elementary*

2022-23



***Did you know one of our new Guidelines for Success is to promote healthy habits for all our students?***

In accordance with school board policy, all food and snacks consumed in school must meet the nutritional requirements stated in the *Healthy, Hunger-Free Kids Act of 2010*. Students are encouraged to bring a “Smart Snack” every day to fuel their bodies and minds during the school day. Below you will find some great choices for Smart Snacks to eat during the school day:

- 🍏 easy to eat fruit such as apples, grapes, bananas, raisins
- 🍏 pretzels, goldfish, whole-grain crackers, popcorn
- 🍏 cheese sticks or beef jerky
- 🍏 cut up veggies like carrots, celery, or broccoli bites

## ***Birthday Celebration Options***



Birthdays are so exciting to celebrate, especially to children! In an effort to build a healthier school and comply with school board policy, ***sweet treats (cookies, cupcakes and candy) will no longer be given out in our classrooms for birthday celebrations.*** If your child would like to celebrate their special day with their class, here are a few alternatives:

- 🎉 Send in a Smart Snack for all the students in class
- 🎉 Donate a special book to the classroom in your child’s name
- 🎉 Provide special stickers, erasers, or a pencil for students in the class
- 🎉 Donate equipment for recess (kickball, soccer ball etc.)
- 🎉 Advertise with ToTs on the school marquee.
- 🎉 Have another idea? Contact your child’s teacher.

We appreciate your support in providing a school environment that enhances the learning and development of lifelong healthy habits for each student!