

Optional Snack Program at E.J. Sand

October 14, 2016

Dear Parents/Guardians,

Healthy snacks are an important part of keeping kids healthy and ready to learn. Well-nourished students are better able to concentrate, remember and apply the things they learn, and are more likely to show positive social behaviours. Children use up energy quickly and need to eat frequently throughout the day.

This year, E.J. Sand Public School will be enhancing its school-wide nutrition program. Participating students will be provided with a nutritious snack at morning recess every day. Our nutrition program will follow Canada's Food Guide for Healthy Eating.

We recognize that our school community is comprised of many different cultures. We will strive to accommodate all of our students' dietary needs to ensure that everyone can be included in our nutrition program. **Each snack will include a fruit or a vegetable, a serving of grain, as well as a serving of dairy or protein alternative (a one-week sample menu is below).** Snacks will be varied and will rotate on a weekly basis. These snacks will be *gelatin and rennet free*.

Our Healthy Snacks program provides you the option of having a healthy snack delivered to your child each day. This snack program should replace the need for you to supplement additional snacks. The cost of the program is \$10.50/ month, which is the equivalent to approximately \$0.52 a day. This program is funded from Metro Green Apple grant.

Our program will be starting on **Tuesday, November 1st, 2016**. We hope that we can continue to offer this program throughout the entire school year (dependent on funding).

Please note that no refunds/ additional snacks will be provided should a child be absent.

If you are interested in signing your child up for the nutrition program, please fill out the sheet below and return by Tuesday, October 25th, 2016.

I would like to contribute for the month of November (\$10.50)

I would like to contribute for three months (November, December, January) (\$31.50)

Student's full name: _____

Teacher/Grade: _____

Sample Menu:

	Monday	Tuesday	Wednesday	Thursday	Friday
Fruit/ Vegetable	Cucumber	Orange	Cantaloupe pieces	Chocolate zucchini muffin	Apple
Grain	Crackers	Granola bar	Goldfish crackers	Chocolate zucchini muffin	Animal Cookies
Dairy/ Alternative	Cheese Square	Cheese String	Yogurt Tube	Cheese Slices	Yogurt Cup

