

Dear Parents:

We have adopted new classroom snack guidelines at Riverview Elementary School. Please read this carefully. Our new plan will also be included in the student handbook that you will receive at open house.

We know that most children do not get enough fruits and vegetables on a daily basis. Research has shown that 5 fruits and vegetables a day are the minimum required for good health. Fruits and vegetables are loaded with vitamins and minerals, are low in fat, sugars, salt, and are high in fiber. We call them "the original fast food!"

At Riverview Elementary we would like to offer your child a healthy snack mid morning to help encourage the five a day habit. We are able to order fruits, vegetables, and other healthy options in bulk reducing the cost for you. During open house you will have the opportunity to sign up for healthy snacks for your kids. The cost will be \$50.00 for the school year or \$20.00 per trimester if you choose to pay each trimester. There will be several choices each day for students including: graham crackers, cracker graham goldfish, cookie animal crackers, apples, bananas, cracker cheezits, a breakfast bar and pretzel twists.

If you choose to send a snack with your child to school we ask that you choose from the following items:

- Fresh fruits and vegetables (no dips please)
- Dried fruits, such as raisins
- Whole wheat crackers, cereals, bread products (Kellogg's brand)
- Graham crackers products, such as Teddy Grahams, graham crackers or sticks (Nabisco Products)
- Goldfish crackers (Pepperidge Farm)
- Pretzels (Rold Gold and Old Dutch)
- Saltines (Nabisco)
- Corn Chips (Frito)
- Please do your best to make sure it is processed in a peanut free environment

For students we consider our building to be a "Soda Free" zone. Sodas (pop) are not allowed in classrooms or in the lunchroom. To support that, we ask that parents not bring sodas with them on those occasions when you join us for lunch during the school day.

Also, please remember to bring the appropriate snack from the list for your child's birthday treat. It is important to keep the climate at RVES a peanut free zone to provide our students that have allergies the safety needed to be successful.

Thank you for your support in making this a positive experience for our students.

Sincerely,

Kim Grengs, Principal