



Dear Parents:

We are very excited to offer the Bridgewater Elementary students a healthy snack option each day for a minimal cost. During the first week of school you will have the option of signing up for healthy snacks for your child(ren). Your student will begin receiving their snack on September 9, 2019. The cost will be \$65.00 for the school year. To purchase the snack cart your student's meal account balance must not be more than \$5 negative.



In 2010 the Healthy Hunger Free Kids act was created with standards for school nutrition programs to follow. Included in this act are requirements for Smart Snack Standards. At each elementary school we offer an affordable, optional snack cart that is available for all families to purchase for their children.

Each of the snack food choices available must meet the following nutrition standards:

- Be a "whole grain-rich" grain product;
- or have as the first ingredient a fruit, a vegetable, a dairy product,
- or a protein food;
- or be a combination food that contains at least $\frac{1}{4}$ cup of fruit and/or vegetable;

Foods must also meet several nutrient requirements:

- Calorie limits:
 - Snack items: \leq 200 calories
- Sodium limits:
 - Snack items: \leq 200 mg
- Fat limits:
 - Total fat: \leq 35% of calories
 - Saturated fat: $<$ 10% of calories
 - Trans fat: zero grams
- Sugar limit:
 - \leq 35% of weight from total sugars in foods

We know that most children do not eat 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, and down the road they can reduce a number of medical health concerns by eating a diet that includes a variety of fruits and vegetables. 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!" Fruits and vegetables give you the best "bang for your buck". No other snack food provides as much nutrition as a piece of fruit or a vegetable.

Every day on our snack cart we offer fruits, vegetables, cheese sticks, sunflower seeds, and yogurt. The choices will rotate on a seasonal basis as more fruits and vegetables become available within our cost parameters. In addition to these items we offer whole grain options several times per week such as popcorn, pretzels, snack mixes, brown rice "pop chips", goldfish, graham crackers and granola or cereal bars. Occasionally we do offer other whole grain options such as cheese balls that are baked and made with whole grain cornmeal. One of the yogurt brands that we offer is Trix. This product is made with no artificial colors or flavors and meets all of the above standards. Many other manufacturers are changing products to include no artificial colors or flavorings such as goldfish crackers and General Mills cereals.

At Bridgewater Elementary we would like to offer your child a healthy mid-morning snack and help to encourage a 5 a Day habit! By positioning fruits and vegetables on the top of the cart we are hoping that students will be encouraged to choose these items, but we understand that some students may be more interested in taking the whole grain options available. Please consider talking to your child if there is a particular item you would prefer them not to take for their snack.

If you choose to send a snack with your child to school we suggest that you send a nutritious snack. Some suggested items include: (any fruits) grapes, apples, oranges, bananas, melon chunks, etc., (any vegetables) carrots, celery, cucumbers, broccoli, cauliflower etc., whole grain crackers or cereal, pretzels and rice cakes.

We hope that you take the opportunity to participate in this program and enjoy the convenience of a school provided snack, and most importantly provide "top-notch" nutrition for your child at snack time. This is how the cost breaks down.

\$65.00 a year
170 school days
.38 cents per day!

Please fill out the bottom portion of this letter by Sept. 6, 2019 and enclose \$65.00 to participate in Bridgewater's Healthy Snack program. The Healthy Snack Program will begin September 9, 2019. You may also pay on-line at <https://northfieldschools.revtrak.net/>

Sincerely,

Nancy Antoine
Bridgewater Elementary Principal

Stephany Stromme
Director of Child Nutrition



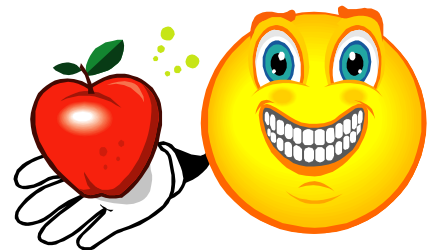
Donations are welcome to sponsor another student who may not be able to afford this program. This program is not covered by the educational meal benefits associated with school breakfast and lunch as we receive no federal or state funding to support it.

Sign me up for Bridgewater's Healthy Snack Program.

I would like to donate \$65 to sponsor another student.

Student's Name

Teacher's Name



To purchase the snack cart your student's meal account balance must not be more than \$5 negative. Please include \$65.00 for healthy snacks for the year. Checks made payable to Northfield Public Schools Child Nutrition.