

Putman Elementary School

"A National Blue Ribbon School"

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WELLNESS POLICY INFORMATION

Dear Families,

We are excited to announce that Blanchester Local Schools has a new and improved wellness policy for the coming school year! This wellness policy will help guide all of us in making healthier choices. We invite you to join us in our efforts to lead and model healthy behaviors for our children. Listed below are some particular suggestions on how you can help us in this new endeavor this school year.

- When sending in snacks for your child's class, please send snacks that are "Smart snacks!"
 - Information about smart snacks can be found on the US Department of Agriculture website and/or examples of smart snacks are on the back of this letter.
 - Consider using the "Wildcat Celebrations" packages available for purchase through our nutrition services.
 - Let us do the work for you. All snacks are smart snack approved.

- If you would like to donate items for special celebrations (example, holiday parties) please ask your child's teacher what is needed and send in only what is requested.

- Non-food items (example, stickers, pencils etc) will be strongly encouraged for incentives rather than food incentives in the classroom. If you would like to donate non-food items, please speak with your child's teacher about what is needed.

- Water is strongly encouraged over beverages containing high sugar/calories! Please refrain from sending sugar sweetened beverages.

- The use of artificial sweeteners is discouraged. Please do not send items that contain artificial sweetener.

- Please be aware of potential allergy precautions that may be in place in your child's classroom. Your child's teacher will inform you if this is a concern in the classroom.

Thank you for helping us implement our wellness policy and for encouraging healthy nutrition to feed young minds. We wish you a happy and healthy school year.

Blanchester Local Schools

"Building a Strong Foundation For Tomorrow's Future"

It is the mission of the Blanchester Local School District to provide a safe, student centered, stimulating environment where each student has the support and opportunity to achieve and exceed high standards and expectations.

HEALTHY SNACK IDEAS

Grains:



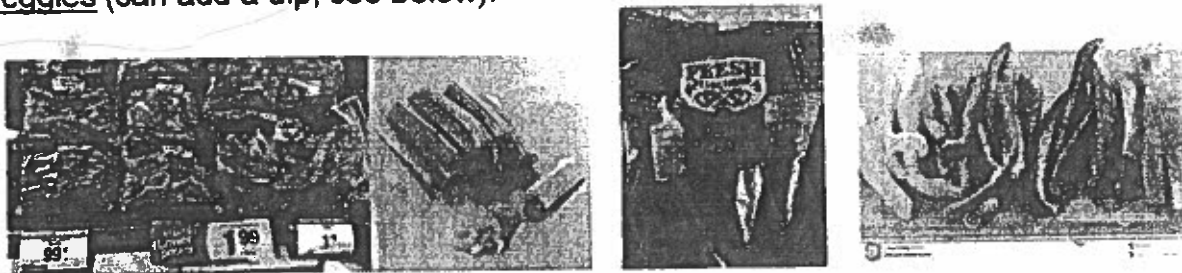
3-4 crackers is a serving size

Protein:

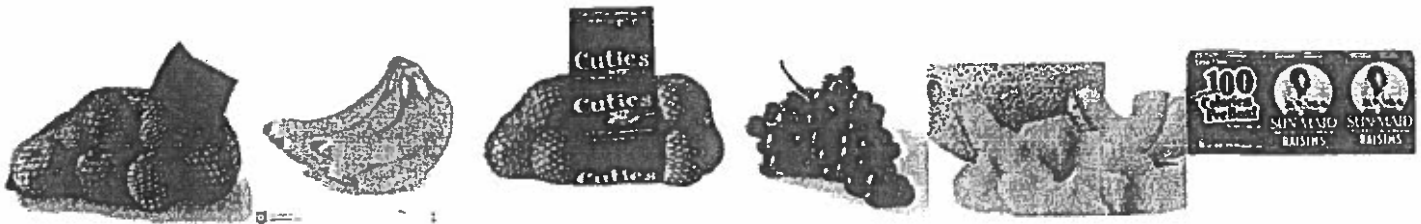


Harvest Snaps: made from lentils & beans, found in produce section

Veggies (can add a dip, see below):



Fruit: Please wash and cut (if needed- melon, for ex.)



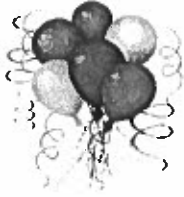
Dip Ideas: Ranch & Hummus

Water is available for drinking.



These foods are **NOT** "Smart Snack" approved:

- Fruit Snacks
- Little Debbie or Hostess snacks
- Oreos
- Froot Loops, Apple Jacks, Cocoa Krispies, etc.
- Rice Krispie Treats



Wildcat Celebration Packages!

Each package includes: your snack selection and one 10oz Chilled Water bottle for each classmate, one Helium Balloon with ribbon and one "It's My Birthday" sticker for the birthday boy/girl!

Package A-"The Munchie Package"

Your choice of (choose one):

Kellogg's Rice Krispie Treats (mini): 0.42oz

Pepperidge Farm Goldfish Cheese Crackers; 0.75 oz

General Mills Simply Cheddar Snack Mix: 0.92 oz

Quaker Snack Mix Munchie (mini sunchips harvest cheddar, Quaker squares cereal, mini Rold Gold Heartzels, and smartfood delights); 0.88oz

Total cost for classroom party serving 23 people: \$14.00

Package B-"The Slushie Package"

Ridgefield Sidekicks 100% Juice Slushie 4.4 Fl oz

Your choice of (choose one):

Strawberry Kiwi

Blue Raspberry Lemon

Total cost for classroom party serving 23 people: \$17.00

Package C-"The Cupcake Package"

Super Bakery Celebration Cupcakes Individually wrapped; 1.5oz

Your choice of (choose one):

Chocolate

Vanilla

12 Chocolate and 11 Vanilla

Total cost for classroom party serving 23 people: \$17.00

Package D-"The Veggie and Cheese Package"

Carrot Snack Pack: 1oz bag with Flavor fresh Lite Ranch Dressing: 1oz

Land O'Lakes reduced fat cheese stick; 1 oz

Total cost for classroom party serving 23 people: \$24.00

To order a celebration package, complete the information below and circle ONE package of your choice (be sure to make special choice selections with a checkmark). Submit your order and payment to the office.

*NOTE-All orders **must be turned in 2 weeks in advance** of the day of celebration.

Today's date: _____ Date of celebration: _____

Child's name: _____ Teacher: _____

Parent/guardian's name: _____

Parent contact # or email for confirmation _____