



Holy Child Academy
Dolan Family Early Childhood Center

25 Store Hill Road, Old Westbury, NY 11568

Phone: 516-626-9300 FAX: 516-626-7914 www.holychildacademy.org

September 2016

Dear Parents,

For the past several years, the teachers and I have been trying to develop guidelines for healthier snacks and party treats. Several years ago we eliminated apple juice as part of our daily snack and added fruit ... not a single child complained. Recently we allowed - and encouraged, the children to bring in their own water bottles to insure that each child was getting enough hydration throughout the day. (Little did we know the added bonus - the children LOVED having their own bottles and drank more water!) Of course, this easy access also simplified the task of "handing out" water for the teachers... a win-win for ALL!

As time went on we also chose snacks with less sugar to be used for our daily snacks. The problem, however, remains with birthday parties and holiday parties. Of course we recognize the importance of recognizing and celebrating each child on their special day. It has now come to the point that we NEED to set more guidelines for ANY food brought into our classrooms. There are an estimated 2 million school aged children with allergies. These allergies can be potentially fatal, and there is NO cure. The only way to avoid a possible reaction is to AVOID the offending foods. So we are asking ALL parents to **PLEASE, PLEASE** adhere to the attached guidelines. It is also extremely important that the "treats" be dropped off at the beginning of the school day as the timing of the snack is crucial for some of our children.

The School is already a PEANUT, TREE NUT and SESAME free school. And now, unfortunately, parents will no longer be able to bring in bakery or homemade goodies. Store bought items must have labels on them that list the ingredients. Please be aware of "warning labels" that state the product may be manufactured in a facility where "offensive" ingredients have been used. There are stores (King Kullen, Stop & Shop, Whole Foods) that sell "SCHOOL SAFE" products such as mini-muffins/cupcakes and cookies. The teachers will be strictly enforcing this policy in their classrooms. Attention will also be focused on portion size which is why we now recommend "mini" sized desserts. This year we have about 20 children with epi-pens in our School, as their allergic reactions are so severe. There are children with diabetes, celiac, wheat, egg and dairy allergies that also have restricted diets. We are asking ALL parents to work cooperatively with us to insure that OUR SCHOOL is a safe and healthy environment for ALL children. **PLEASE, PLEASE** speak with your child's class teacher before sending in any food. **NO DESSERTS WILL BE SERVED UNLESS THEY HAVE BEEN PRE-APPROVED BY THE SCHOOL NURSE.**

I have attached a list of some suggested safe and healthy snacks. Fruits and vegetables are ALWAYS a great choice! For additional information on food allergies and suggested snacks visit www.snacksafely.com.

PLEASE LET'S ALL WORK TOGETHER TO MAKE CELEBRATING OUR CHILDREN A HAPPY AND JOYOUS OCCASION!

With many thanks for your cooperation,
Marie O'Donoghue

SUGGESTED SAFE SNACK GUIDE

ALL SNACKS MUST BE PRE-APPROVED BY THE NURSE AND CLASS TEACHER AS THERE ARE ADDITIONAL SPECIFIC DIETARY CONCERNS FOR SOME CLASSES

- Whole Foods ("School Safe" mini-cupcakes), King Kullen ("Everyday Favorites" mini-cupcakes), Stop & Shop-cookies, mini-muffins/cupcakes
- Fruits, Vegetables, Applesauce
- Crackers:
 - Nabisco - Ritz (no cheese varieties), Wheat Thins (original), Triscuit (original & thin crisp), Premium Saltine (regular, Mini & soup/oyster), Barnum's Animal, Honey Maid Graham (honey, original, cinnamon, gingerbread flavors only) 100 calories packs (Wheat Thins, Lorna Doone, Oreo)
 - Keebler - Club Crackers, Town House (original only)
- Chips & Pretzels:
 - Bachman (no flavors - plain only) Pretzel stix packs
 - Herr's Honey Wheat Whole Grain Pretzel Sticks
 - Utz Pretzel Sticks (Cinnamon, Country Stix, Butter Waffle, Honey Wheat Braided)
 - Utz Lowfat Baked Tortilla Chips
 - Sun Chips (Original, Harvest Cheddar, French Onion, Garden Salsa)
 - Frito-Lay - Sun Chips (original only) Fritos (original flavor only)
 - Lay's - Original and Baked Potato Chips
 - Pringles (Plain)
 - Wise -Potato Chips (plain), Dipsy Doodles, Onion Rings
 - Skinny Pop Popcorn (original & salt/pepper only)
 - Munchos Potato Crisps
 - Stacy's Pita Chips (cinnamon, simply naked varieties)
 - Tostitos - Scoops, Restaurant Style, Crispy Rounds, Tostitos Salsa
 - Shop & Stop Nature's Promise - Natural Vegetable Chips & Sticks
 - Pirates's Booty (Aged White Cheddar, Sour Cream & Onion, New York Pizza)

- BREAKFAST TREATS, GRANOLA & ENERGY BARS
 - Kellog's - PopTarts- (only some varieties-READ LABELS)
 - Enjoy Life Cereal Bars
 - Made Good Granola Bars & Minis
 - Raisins - NOT yogurt or chocolate covered
 - Coconut Milk
 - Don't Go Nuts Energy Bars
 - Enjoy Life Baked Chewy Bars
 - Made Good Granola Bars

- COOKIES
 - Enjoy Life Brands - all varieties
 - Nabisco - Teddy Grahams, Lorna Doone, Mini Fig Newtons
 - Oreos (NOT cakesters, NOT fudge/white fudge or milk chocolate covered, Not oreo brownies, NOT peanut butter)
 - Chips Ahoy 9Chocolate,Reduced Fat, Chunky, Chewy, Mini)
 - Keebler - Grahams (original & cinnamon), Scooby Doo Graham Cracker Sticks, Teddy Grahams (honey, cinnamon)
 - SnackWell's (Sandwich Crème, Chocolate Chip Cookie Bites)
 - HomeFree Gluten Free Cookies (Chocolate Chip, Oatmeal, Vanilla)
 - ShopRite Scrunchy Animal Crackers

- RICE CAKES
 - Quaker Quakes Rice Snacks (Caramel Corn, Nacho Cheese, Sea Salt & Cracked Black Pepper, Kettle Corn, Chocolate, Sweet Chili, Cheddar Cheese, Sour Cream & Onion)
 - Lundberg Organic Rice Cakes (with popcorn, Brown Rice, Mochi Sweet, Sweet Green Tea)

- ICES (NOT ICE CREAM)
 - All water-based ices
 - Marino's Italian Ices
 - Luigi's Real Italian Ice (6 Pack Variety)
 - Coconut Milk Ice Cream Only
 - Foozer (Blue Aloha, Strawberry Bliss, Tropical Sunset)
 - PhillySwirl - Organic Jungle Swirls
 - Breyers Pure Fruit Bars
 - Minute Maid Juice Bars
 - Dole Fruit Bars (Variety 12 Pack)