

Springhurst Elementary School Snack Guidelines

Developed by the Springhurst Compact Committee

The Springhurst Compact Committee agrees to an overall, general philosophy regarding the consumption of food by Springhurst students during the school day (other than what is provided for breakfast/lunch by our food service department).

In adherence to NYSED Nutrition Regulations, the Dobbs Ferry School District (DFSD) Wellness Policy, and the recommendations of the PTSA Wellness Committee, the DFSD holds school celebrations (including birthdays & classroom events) without food.

ALWAYS CHECK WITH THE TEACHER TO SEE IF THERE ARE ANY STUDENTS WITH FOOD ALLERGIES THAT WOULD IMPACT SNACKS IN THE CLASSROOM

Guidelines for specific activities that take place during the school day are as follows:

Student Snacks	Parents/Guardians are encouraged to adhere to the District's Wellness Policy and Guidelines by providing healthy, appropriately-sized snacks. Snacks are not to be shared with others. See "Suggestions for Healthy Snacks" (page two).
Fundraisers	Only non-food fundraisers are permitted during school hours.
Curricular Events	Class Coordinators*, parents/guardians and teachers who are responsible for organizing food-based educational events should follow the District's Wellness Policy and Guidelines and must obtain administrative approval prior to the event.
Holidays	Holidays, such as Halloween and Valentine's Day and other seasonal celebrations, will be celebrated without food. Valentine's Day cards cannot contain candy.
Birthdays	Birthday celebrations should be arranged with your child's teacher and are to be celebrated without food. Each grade level has an agreed upon way to celebrate student birthdays. Celebrations should be brief, limited to only the classroom and students in that class, and should not detract from instructional time. No "goodie bags" or favors are permitted.
Classroom Food	Food should not be used as a reward or punishment and should not be used as an instructional tool.

* See PTSA for guidelines when planning classroom events.

Springhurst Elementary School Suggestions for Healthy Snacks

Suggestions for healthy, daily snack choices could include:

Veggies

- Celery sticks
- Carrot sticks
- Tomatoes
- Pepper strips
- Edamame
- Vegetable sushi
- Hummus

Fruit

- Unsweetened applesauce cups
- Fruit cups in their own natural juices
- Dried fruits
- Bananas, blueberries, strawberries
- Clementines, tangerines, orange sections
- Sliced apples
- Melon balls
- Fruit kabobs (apple, banana, orange, strawberry, melon)
- Raisins

Meat/Dairy

- String cheese
- Cut-up cheeses
- Fruit smoothies
- Yogurt
- Hard boiled eggs
- Turkey or cheese roll-ups

Whole Grains

- Mini-whole wheat bagels
- Rice cakes
- Mini pitas
- Baked pita chips
- Graham crackers
- Breadsticks
- Whole grain crackers
- Whole grain mini-muffins
- Fig bars
- Granola bars

Beverages

- Water
- 100% juice
- Milk

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