

SNAWAC

School Nutrition and Wellness Advisory Committee

Hey Parents!

Cheerful



As a service, convenience, and savings to you, SNAWAC is suggesting the following healthy option for classroom birthday celebrations:

You may purchase the following items in class sets from the cafeteria and they will be here the day of your child's party! You simply send in the bottom half of this form, filled out, with a check in a sealed envelope, and tell your child to deliver it to the cafeteria. Orders must be placed **TWO WEEKS** in advance of the celebration. That's it. You won't have to worry about dropping anything off, and it will probably be a savings in terms of money.

The following items are available:

- | | |
|---------------------------------|-----------------------------|
| -100% Juice Packs \$.65 | -Cheese Popcorn \$.50 |
| -Frozen Yogurt Cups \$.65 | -Multigrain Sun Chips \$.50 |
| -Special K Bars \$.75 | -Baked Cheetos \$.50 |
| -100 Calorie Cookie Packs \$.60 | -Baked Chips \$.50 |

Child's Name _____ Date Needed: _____

Teacher Name/Room _____

Type of Snack: _____ Number of Snacks needed _____

Total Amount Enclosed: _____

Checks made payable to: Farmingdale School District

S.N.A.W.A.C.

School Nutrition and Wellness Advisory Committee *HEALTHY CHOICES SUGGESTED SNACK SCHEDULE*

Make a resolution to eat healthier in 2008! Northside's SNAWAC has developed some ways to encourage healthy eating and healthy choices. They hope that the following schedule will help you in planning your child's 'snack for the week'.

WEEK OF:	SUGGESTED SNACK
January 2	Carrots and celery sticks
January 7	Pretzels
January 14	Cheese and Crackers
January 21	Chips and Salsa
January 28	Apples
February 4	Cream cheese and celery sticks
February 11	Sugar-free Jello
February 25	Deli Meat and cheese Rollups
March 3	Applesauce
March 10	Grapes
March 17	Yogurt
March 24	Grape Tomatoes
March 31	Raisins
April 7	Cheese Sticks
April 14	Granola Bars
April 28	Oranges
May 5	Clementines
May 12	Fat-free Puddings
May 19	Veggie Crisps
May 26	100% Fat Free Snacks
June 2	Fat-free Pringles
June 9	Yogurt
June 16	Watermelon
June 23	Dried Cereal
Daily: Water Milk 100% Juice	