

ALLOWAY TOWNSHIP SCHOOL  
43 CEDAR STREET  
P.O. BOX 327  
ALLOWAY, NJ 08001

April 12, 2017

RE: cafeteria and snack guidelines

Dear Parents/Guardians:

Alloway Township School is committed to providing a healthy learning environment for all of our students. Healthy eating, physical activity and nutritious snacks are an important part of the school day. Healthy eating patterns are essential for students to achieve their full academic potential, for physical and mental growth, and for lifelong health and well-being. According to the New Jersey Department of Education, the goal of any school meal program is to improve the diet and health of school children, to help mitigate childhood obesity, and to model healthy eating.

In an effort to follow healthy eating guidelines from the USDA and NJ Department of Education; Alloway Township School Cafeteria will be instituting the following new procedures after spring break:

**Students will be limited to no more than 2 portions of any lunch item.**

**Snacks (ice cream, chips, etc) will be limited to 2 portions per day.**

**Fruit Juice (Switch Beverages) will be limited to 1 per day.**

**Due to diet restrictions and food allergies, under no circumstances should food be shared in the cafeteria. Therefore, students will not be able to buy snacks/food for other students.**

In addition, Alloway Township School would like to remind parents that food sent into school for lunch and snacks should be nutritious, low in fat and sugar, and moderate in portion size. Chips, cookies, cakes, soft drinks, sports drinks, and other high fat, high sugar items should not be sent to school. These items contribute to childhood obesity, as well as hyperactivity followed by fatigue.

To encourage your participation in this plan, attached to this letter you will find healthy suggestions for food and beverages as well as ideas for non-food treats to recognize and celebrate holidays, birthdays, and other achievements. As always, please check with your child's teacher before sending any birthday or party items to school.

If you have any questions, please contact the school. We are looking forward to making our school the healthiest it can be.

Sincerely,   
Dr. Donna Agnew, Interim Superintendent

  
Kellie Whelan, RN CSN School Nurse

At Alloway Township School, our goal is not to cut out all treats, but to make sure they are eaten in moderation and do not become the focus of parties or celebrations. The focus should be on fun, not food. The list below provides healthy suggestions for celebrations and snacks.

Health Food Options for class parties:

100% Juice	whole grain crackers
100% fruit juice freezer pops	low fat cheese sticks
Fruits and Vegetables	animal crackers
Mini bagels with low fat cream cheese	low fat popcorn
granola bars	low fat yogurt
pretzels	dried fruit/trail mix
graham crackers	

Snacks should be kid size. Drinks should be served in small portions, a cup or less each. Water is the healthiest option.

We encourage parents to use the list above as a guide in providing healthy snacks. You may also choose to bring non food items to give each child on your child's birthday. Here is a list of ideas:

glow in the dark items	stamps
bracelets	plastic rings
party hats	erasers
silly bands	holiday theme items
pencils	crayons
stickers	small toys

Some other suggestions to celebrate a child's birthday:

- Donate a book to the school/class in honor of your child's birthday with his/her name inside
- Have your child bring their favorite book to share/read to the class
- Donate a ball/jump rope to the class for recess
- Donate a craft/class activity.