

Dear Families,

As we begin the 75th Anniversary celebration of Incarnate Word Academy, we will also begin developing a new five year strategic plan. The mission of the school is central to the plan, and a key part of IWA's mission is to create a "unique learning environment that provides a positive structure that encourages children to achieve." Focusing on student wellness will help foster this environment at IWA. Studies have shown that improving students' health can increase their capacity to learn, reduce absenteeism, and improve mental alertness. Encouraging healthy behaviors among our students will help them cultivate the skills and knowledge they need to become healthy and productive adults.

Some parents want to bring in snacks for their child's birthday or other events. In the spirit of promoting wellness, we ask you to consider sharing *healthy* snacks with your child's classmates on his or her birthday or other classroom events. This is an opportunity for you and your child to decide upon a healthy snack for his/her classmates. We are encouraging non-processed food choices and are suggesting that you follow these guidelines for nutritious snacks. Although the decision is ultimately yours, we would ask that you please refrain from bringing cupcakes, donuts, and other highly processed dessert items to school.

The back of this letter lists recommended foods for class snacks and birthdays. I appreciate your consideration in this matter.

Sincerely,

Mrs. Janette Cicerchi

Fruit/Vegetable Snacks

Dole/Sunmaid Raisin Boxes
Cut-up Fresh Fruit
Grapes
Cut-up Vegetables
Stretch Island Fruit Co. Fruit Strips
Organic Full Circle Fruit Strips (at Giant Eagle)
Mott's Natural Apple Sauce Cups – 6 pack
Mott's Healthy Harvest Apple Sauce Cups
(all varieties)
Luckyleaf Old-Fashioned Natural Applesauce
Packs
Giant Eagle Organic Applesauce Cups
Dole Diced Apples, Pears, or Peach Fruit Cups
Giant Eagle Diced Apples, Pears, or Peach Fruit
Cups
Stretch Island FruitBu Fruit Rolls
Annie's Bunny Fruit Snacks

Chips/Popcorn

Baked Lays
Smartfood White Cheddar Popcorn
Dan-Dee White Cheddar Popcorn
Stacy's Baked Pita chips (All Flavors)
Good Health Organic Popcorn (at Marc's)
Giant Eagle Nature's Basket Organic Popcorn
Baked Tostitos/Ruffles

Dairy Products

String Cheese
Stonyfield Farms Yokids Yogurt Cups
Stonyfield Farms Squeezable Yogurt
Yoplait Simply Gogurt Yogurt Tubes
Dannon Danimals Yogurt Smoothie
Cheese Cubes

Non-Food Items

Bubbles
Fun Pencils
Stickers
Playing Cards
Gifts for the Classroom, e.g. Books etc.

Pretzels

Shearer's
Rold Gold
Dan-Dee
Goldfish Pretzel Snack Crackers
Giant Eagle Nature's Basket Organic Pretzels
Giant Eagle Pretzels

Crackers

Back to Nature Products (at Giant Eagle)
Organic Stoneground Wheat Crackers
Crispy Wheat Crackers
Classic Round Crackers
Goldfish Original or Pizza Crackers
Original Triscuits
Annie's Cheddar Bunnies or Snack Mix
(at Target or Giant Eagle)
Kashi Heart to Heart Original Whole Grain
Crackers
Goldfish Whole Grain Cheddar Crackers

Treats

Nature's Path Organic Frosted Toaster
Pastries
Hershey's Milk Chocolate Kisses
Goldfish Grahams (Vanilla, Choc., Honey,
or Cinnamon)
Back to Nature Products (at Giant Eagle)
Classic Crème Cookies
Dark Chocolate & Oats Granola Cookies
Chocolate Chunk Cookies
Annie's Bunny Graham Friends (at Target or
Giant Eagle)
Edy's Frozen Fruit Bars
Breyer's Pure Fruit Frozen Bars
Nut-free varieties of Breyer's Ice Cream
Nut-free varieties of Ben & Jerry's Ice Cream

Snack Bars

Kashi TLC Soft-Baked Cereal Bars
Health Valley Cereal Bars