



CEDAR MOUNTAIN PRIMARY SCHOOL

P.O. Box 420, 17 Sammis Road, Vernon, NJ 07462

Phone: 973-764-2890 Fax: 973-764-3294 Web:

www.vtsd.com

Rosemary Gebhardt, Principal
rgebhardt@vtsd.com

September 2021

Dear Parents/Guardians:

Below is information on daily snacks and how we celebrate birthdays at Cedar Mountain School. Thank you for adhering to our requests.

Daily Snacks

It is very important for our children to have access to healthy food choices during the school day and request that daily snacks sent in with your children are healthy choices.

Here are some suggestions:

- Fresh fruit
- Yogurt
- Animal crackers
- Baked chips
- Pretzels
- String cheese
- Bottled water
- Whole-grain crackers
- Carrot sticks/celery sticks
- Goldfish
- 100-calorie snack packs (cookies/crackers)
- Popcorn
- Graham Crackers
- Cereal bars
- Small, single-serve, 100% fruit juice
- Sugar free pudding/jello

For allergy aware classrooms, please make your healthy selections from snacksafely.com.

Snacks to avoid would include foods of minimal nutritional value as defined by the United States Department of Agriculture, which include all foods and beverages listing sugar in any form as the first ingredient.

Birthdays at Cedar Mountain

At Cedar Mountain, we celebrate your child and his or her birthday in special ways without food. Each of our teachers have great ideas on how to make your child's birthday very special and enjoyable without edible goodies. Your child's teacher will discuss his or her individual birthday celebrations with you at Back to School Night. Our decision to implement food free birthday celebrations was made to promote healthy eating and a healthy lifestyle.

Thank you for your consideration and cooperation in allowing us to promote health and wellness for our students and their families.

Sincerely,

Rosemary Gebhardt

Rosemary Gebhardt
Principal