

Somers Elementary School Snack Expectation

Somers Elementary School values the positive impact of having a healthy snack between breakfast and lunch for our students. However, parents must remain aware that we have a growing number of students with food related allergies. As opposed to a typical lunchroom where we have space to separate students with food allergies and have more control on what the majority of the students are eating, snack time takes place in the classrooms and they are not designed for eating. So, implementing some rules around snack time is really important so we can do our best to keep all students safe.

While we cannot eliminate all foods that pose a threat, we are trying to focus on those which have the most immediate, negative impact on a large and growing population of students who are allergic to nuts. Snack is something that our school voluntarily chooses to participate in and the vast majority of our parents and staff support the idea of having the option of a snack during the day. With your support, I am sure we can make this work.

After several meetings and many discussion, we respectfully request that ALL parents/guardians strictly adhere to sending ONLY snacks from the following approved list:

- Fruits (Dried, fresh, sauce, squeezable, or other solid forms)
- Vegetables
- Cheese (any form)
- Meat Products (snack size—any form)
- Yogurt (no nuts)
- Granola (no nuts)
- Popcorn (no nuts)
- Rice Cakes (no nuts)
- Water (no juice)
- Pretzels
- Crackers
- Bread (nut free)

I do realize that there are several other items that fall within the healthy range, but I wanted to make sure that our list is simple and is stable. **If your child comes to school with a snack that is not on the approved list, he/she will be asked to wait and consume that snack during his/her lunch period later in the day. No alternate snack will be provided for them.**

Thank you for your support on this! If you have any questions or concerns, please do not hesitate to contact me.

Respectfully,

Wendy LaLonde, Principal
Somers Elementary School