



VERNON PUBLIC SCHOOLS

Food & Nutrition Services

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Snacks and Celebrations in School

As part of the [school wellness policy](#), the Vernon Wellness Committee has established guidelines for all elementary schools in town to encourage healthy snack choices for students. Please note that adjustments to these guidelines may be made on a building-by-building basis to address specific food allergies and ensure student safety.

As a reminder, all foods and beverages served at school during school hours, including classroom snacks, should meet the [Connecticut Nutrition Standards](#). Please find additional snack tips for parents [here](#).

Recommended Snack Options for School

- Fresh fruits and vegetables
- Dried fruits such as raisins
- Applesauce, canned fruits and vegetables
- Cheese, Cottage Cheese
- Plain cheerios
- Pretzels
- Yogurt, Yogurt with fruit
- Popcorn
- Crackers
- Rice Cakes
- Sunbutter
- Turkey
- Ham
- Beef Jerky

Non-Food Celebrations & Rewards

The School Wellness Committee also encourages “food free” birthday celebrations. A student’s birthday is a special day and the class may choose activities to recognize this important day. **We ask that parents not send in food for their child’s birthday.** Below are some suggestions for non-food celebrations.

- Bring party favors in for each classmate (bouncy balls, erasers, stickers, decorative pencils, bracelets, notepads, whistles, bubbles, washable tattoos, chalk, etc.)
- Buy something for the classroom (books, board games, music, art supplies, playground equipment, plants or flowers, etc.)
- Connect with your child’s teacher to learn about other non-food celebrations or rewards that promote wellness. Some ideas might include extra physical activity time or free choice time.
- Here are some additional ideas for [food-free celebrations](#)

Thank you for your cooperation and commitment to helping us promote a healthy school environment for all students.

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The Vernon Public Schools, in partnership with family and community, is committed to provide a quality education, with high expectations, in a safe environment where all students become independent learners and productive contributors to society.