



HEALTHY FOOD & BEVERAGE CHOICES FOR AES OCCASIONS

Dear Parents / Guardians,

Following is a list of “Healthy Food & Beverage Choices for AES Occasions”. This list was compiled by a committee of staff members, to be used as a reference when teachers are planning classrooms celebrations. Teachers may choose items from this list and contact parents to have food sent in. Some classrooms have a “Room Mother”, who contacts the parents after the menu has been planned by the teacher. It is very important that you contact your child’s teacher before sending food in for the class to share due to food allergies that can be life-threatening.

The AES staff is making every attempt to promote healthy policies and set good examples, when it comes to nutrition. It is a work in progress! We very much appreciate your understanding and support.

If you have any questions, please do not hesitate to contact me, Jan Porter, RN @ 978-386-7266.

- FRUIT
Fresh, dried & canned fruit (packed in juice or water, without added sugar)
 - * May be served with yogurt – check label for low fat and low sugar
- VEGETABLES
Cut up fresh vegetables
 - * May be served with low fat dressing or hummus
- CHEESE – string, cubes or slices
- CRACKERS
 - * Whole grain, baked – check label
 - * Graham crackers – check label
- POPCORN – Low fat without added ingredients
 - * Ex. 94 % fat Free Microwave Popcorn
 - * Air-popped Popcorn
- PRETZELS – Check label
- CEREAL MIX – made with whole grain cereals (low in sugar), raisins, popcorn, pretzels. (Not prepared mix e.g. Chex Mix)
 - * “Friendship Bowl ~ 3-4 students each bring a bag/box of one of the items and the contents are mixed together in a bowl. Serve in paper cups.
- BEVERAGES
 - * Low fat milk, water or 100% juice or cider