

Dear Parents,

School Year 2017-2018

We have noticed your child has a birthday coming up, happy birthday to them! This is a reminder of the district Wellness Policy (G-3). This policy was handed out during registration and discussed during Back to School Night. Should you choose to bring treats for your child's class to celebrate your child's birthday, here are a few reminders:

Birthday treats must:

- ***Contain less than 200 calories.***
- ***Contain less than 230 mg of sodium.***
- ***Include less than 35% of the total calories from fat.***
- ***Include less than 10% of the total calories from saturated fat.***
- ***Include zero trans-fat.***
- ***Include less than 35% of the total calories from sugars.***

If you need suggestions about appropriate treats, please see your teacher, they are happy to help you. There is absolutely no expectations that parents provide treats for their child's class.

Thank you,

Mrs. Damm

