

9/12/17

Dear Propel Montour Elementary Families,

All Propel Schools have adopted a Student Wellness Policy new to the 2017-2018 school year, in accordance with the Pennsylvania Department of Education, to ensure that students are eating healthy in school. The types of snacks served in our lunch snack sale are being changed to meet guidelines for "healthy snacks" permitted in the new policy.

The new policy also addresses what types of food are permissible for birthday treats that families may choose to share in school. If the treat is going to be eaten in school, the items below are permitted. **Treats not on this list would need to be sent home or could be delivered to staff on this special day.**

- fresh fruit of any kind
- unsweetened applesauce
- fruit cups or canned fruit in juice or light syrup
- dried fruit
- fruit snacks
- popsicles made from 100% fruit
- raw vegetables of any kind
- low-fat or fat-free dips
- peanut butter (be mindful of allergies!)
- whole wheat English muffins, pitas or tortillas
- whole grain breakfast cereal
- whole grain crackers
- rice cakes
- popcorn-lightly salted and buttered
- baked chip items
- whole grain granola and cereal bars
- pretzels, breadsticks, flatbreads (lightly salted or salt-free)
- yogurt (also frozen yogurt)
- Low-fat cheese
- low fat pudding
- nuts (be mindful of allergies!)
- trail mix (be mindful of allergies!)

We appreciate your understanding as we work to ensure that our students are eating as healthy as possible during the school day.

Please note: Items purchased by families for individual student lunches are still permitted because these items were brought from home and not provided by the school.

As always, please let us know if you have any additional questions or concerns.

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