



Dear Parent/Guardian,

At Toddler Town Daycare, we love celebrating birthdays, holidays, and special occasions. We also want to ensure we are teaching the children life-long healthy eating habits. This is why **beginning January 1st, 2013, we will only be allowing parents/guardians to bring in healthy snacks during these special times.**

**We will no longer allow foods such as cupcakes, cakes, doughnuts, or candy to be brought in during birthdays or holidays. Instead, we encourage you to explore healthier options to share with the class and save the sugary foods to eat at home. The teachers will also stop giving out candy as rewards and will instead give out prizes like art supplies, books, chalk, bubbles, and other items to expand your child's mind.**

You are welcome to send healthy treats or goody bags to share with classmates. Please let the teachers know in advance that you will be bringing a treat to class and the teachers will arrange to distribute the treats or goody bags to the children after naptime or at dismissal.

All healthy food items must arrive unopened as packaged by the manufacturer or it will not be accepted. Homemade treats are not permitted by the Illinois Health Department. And as always, no nuts are allowed.

Remember, if you would like to celebrate with your child's birthday at school please, **Bring In Really Tasty Healthy Delicious Appetizing Yummy Snacks!**

#### **Birthday treat suggestions**

- Fruit popsicles
- Fruit cups
- Yogurt
- Rice Cakes
- Fruit Muffins
- Fresh Fruit
- Hand Snacks

#### **Goodie Bag suggestions**

- Stickers
- Markers/Crayons
- Books
- Chalk
- Bubbles
- Coloring Books
- Puzzles

**Two great websites that also offer snack ideas and healthy eating are: [www.choosemyplate.gov](http://www.choosemyplate.gov) and [www.colormehealthy.com](http://www.colormehealthy.com).**

We thank you in advance for your cooperation and understanding!

Angelo Nikolov, Director  
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\*Some information courtesy of CCDC