



# Somers Intermediate School

## March 2010



I, \_\_\_\_\_, agree not to eat any "junk food" during the week of \_\_\_\_\_.

DAY	DATE	ONE HEALTHY SNACK I ATE TODAY	PARENT/GUARDIAN'S SIGNATURE	STUDENT'S SIGNATURE
1.				
2.				
3.				
4.				
5.				
6.				
7.				

Student's Name \_\_\_\_\_

Teacher's Name \_\_\_\_\_

School \_\_\_\_\_

In addition to the guidelines shown on this page, remember it is always best to eat foods that have no added sugar and have not been over processed. The healthiest options are always fresh fruit and vegetables!

### Say YES 😊 to these Healthy Snacks

- 😊 Fresh fruit
- 😊 Vegetables and low fat dip
- 😊 Animal crackers or graham crackers
- 😊 Wholegrain fruit bars
- 😊 Gingersnaps or fig bars
- 😊 Fat free or light popcorn
- 😊 Fat free or light chocolate pudding
- 😊 Rice cakes
- 😊 Baked chips or pretzels
- 😊 Sorbet or low frozen yogurt
- 😊 Milk: nonfat or 1%
- 😊 Low fat granola bars
- 😊 Non-chocolate trail mix
- 😊 Yogurt: non fat, low fat light
- 😊 Juice: 100% fruit or vegetable

### Say NO 😞 to these Unhealthy Snacks

- 😞 Cookies, Cakes
- 😞 Cereal bars
- 😞 Candy/yogurt covered nuts/pretzels
- 😞 Buttered popcorn
- 😞 Candy
- 😞 Regular chips and crackers
- 😞 Canned fruit in heavy syrup
- 😞 Soda and sports drinks
- 😞 Toaster pastries and donuts
- 😞 French fries
- 😞 Regular ice cream
- 😞 Fruit drinks and punches

To be in with a chance to win some cool prizes from Westchester County Department of Health and SIS PTA return completed forms, by **March 17**, to Mrs. Kelton during Health Class or your homeroom teacher! Every participant will receive a certificate of recognition from Westchester County Department of Health!

