



Los Angeles Unified School District
Knollwood Preparatory Academy
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Ramon C. Cortines
Superintendent of Schools

Vivian Ekhian
*Local Superintendent
ESC Northwest*

Cecilia Salazar
Principal

Vivian Perez-Kennedy
Assistant Principal, EIS

Tuesday, August 18, 2015

Dear Parent(s)/Guardian(s),

We have a responsibility to help students establish lifelong habits of healthy eating patterns with regular physical activity and healthy food choices. Why stress the importance? With 24-30 students in our classes, every birthday recognized accounts for 20% of our days at school. By establishing healthy habits early in life, our students can improve their chances of longer, more productive lives. You can review the District Guidelines in the main office.

1. Cupcakes, doughnuts, candy, chocolate, cake, or any other unhealthy snack will not be permitted in school or at the end of the school day, as per District Policy. The healthy snack policy must be adhered to and only healthy snacks can be passed out.
2. Find out from parents, if any students have food allergies that you need to work around.
3. Rule of thumb: avoid any processed foods containing high fructose corn syrup, artificial colors, artificial sweeteners, and high sugar content.
4. Each of the suggested items must be individually wrapped so they are easy to pass out:

Sliced fruit packages

Baked Gold Fish Snacks

Pretzels

Natural Fruit Leathers with Fruit as the only ingredient

Yogurt Parfait –Greek yogurt, sweetened with honey, and chopped fruit

String Cheese

Unsweetened Apple Sauce Cups or Fruit Cups

Fresh, Washed Strawberries, Grapes, Blueberries, Tangerines, Oranges, Bananas

Bagels

Non Food Items: stickers, stylish pencils, notepads, coloring pages, etc.

Your cooperation to this matter is appreciated. Thank you for all your support and understanding. If you have any questions or concerns please feel free to contact our office at (818)363-9558.

Sincerely,

Cecilia Salazar
Principal