



WE ARE BETTER TOGETHER

1750 Edge Hill Road, Abington PA. 19001 | 215-657-0857 | 215-884-3237 Fax

August 2023

Dear Parents/Guardians:

I write to share information about our breakfast and lunch program and some of our practices related to wellness and allergies.

LUNCH PROGRAM:

- **Free breakfast will continue to be provided to all students.**
- To be eligible for free or reduced meals, you must complete an application unless you are directly certified through your benefits program.
- To apply, please complete the application that is available on our website at: <https://abingtonsd.org/page/school-meal-program>
For more detailed information, please see: [Superintendent's Administrative Procedure regarding National School Lunch and Breakfast Program](#). Alternatively, you may apply online at <https://www.compass.state.pa.us>.
- Students identified as eligible for reduced-price lunches through the National School Lunch Program (NSLP) will not be charged for their meals

ALLERGIES:

The District follows the [Food Allergy Management Procedures](#). These procedures are critical to reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions. Furthermore, to protect students with food allergies, I request that food not be brought to school for sharing with the class unless it is store-bought.

WELLNESS:

Good health maximizes the potential of a student's academic performance. Schools contribute to students' health by facilitating learning that includes good nutritional practices and physical activity. Children need healthy snacks to help them grow and stay healthy. The goal is not to eliminate all treats but to make sure that we provide a balance. I provide examples of healthy foods and alternatives that you can provide for your child when you send food into school for them:

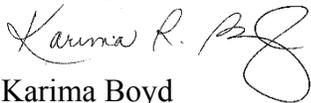
- Fresh fruits, vegetables, low-fat cheeses
- Water, 100% fruit juice, milk, flavored water without added sugar, and sparkling punch (seltzer and 100% fruit juice)
- Whole grain crackers, baked chips, muffins, bagels, air-popped popcorn
- Breadsticks, rice cakes
- Graham crackers, animal crackers

- Pretzels
- Trail/cereal mix (whole-grain, low-sugar cereals mixed with dried fruit, pretzels)

The Pennsylvania Department of Education Nutrition Standards and our [Student Wellness Policy](#) require us to serve healthy food to students during the school day. We ask for your cooperation as we comply with Federal law, promote student health, and reduce childhood obesity. The Wellness Committee assesses the implementation of the Student Wellness Policy and conducts a triennial [Wellness Policy Assessment](#). Anyone interested in participating in this review can contact the Student Services Department at 215-881-2505.

Thank you very much for your support,

Sincerely,

A handwritten signature in black ink, appearing to read "Karima R. Boyd". The signature is fluid and cursive, with a large loop at the end.

Karima Boyd
Principal, Overlook Elementary