



Dear Parents/Guardians,

At Marcum-Illinois, we encourage healthy eating and increased physical activity for our students in a variety of ways. By helping them start healthy habits early in life, we can help reduce our children's health risks and increase their chances for longer, more productive lives. One easy way to promote healthier eaters is by providing healthier options as treats. You are welcome to send traditional Birthday/Party treats to class, but we hope that parents/guardians may consider these alternatives when sending treats to school:

- 100% juice
- 100% fruit juice freezer pops
- Apples with caramel dip
- Fruit or vegetables
- Popcorn (minimal salt and butter)
- Dried fruits
- Low-fat yogurt products
- Fruit leather
- String cheese
- Sparkling water
- Pretzel products
- Real fruit popsicles
- Glow-in-the-dark items
- Slap bracelets
- Party hats
- Silly bands
- Bubbles
- Chalk
- Stickers
- Little toys
- Stamps
- Plastic rings
- Erasers
- Holiday theme items
- Pencils
- Crayons
- Pens
- Decorative pencils

As educators, caregivers, and loved ones we all want the best for our students. If you have any questions, please contact the school. We are looking forward to making our school the healthiest it can be so our students can always do their best work.

Sincerely,  
Maggie Irby  
Superintendent/Principal