



In an effort to provide students with the healthiest environment we are encouraging you to provide only healthy food for snack time, lunch and classroom parties and celebrations.

Children need healthy snacks to help them grow and stay healthy. Snacking isn't bad for kids, but what they snack on is important. If you give your child healthy snacks now, he or she will learn to make healthy food choices in the future.

We want your children (our students!) to be the healthiest they can be.

WHY HEALTHY SNACKS?

Children need healthy snacks for energy, vitamins, minerals and other nutrients, and to help them grow, learn and be active. Healthy students are better able to pay attention in class and do their best school work.

PLANNING HEALTHY SNACKS

A good guideline to follow when choosing foods for healthy snacks is to choose foods and beverages that are low in fat and sugar and are minimally processed. Snacks that are especially good for kids (and adults!) are fruits and vegetables, low-fat dairy products such as milk and yogurt, and whole-grain foods including whole-wheat tortillas, bread, and cereal. Lean meats, eggs, and nuts in small portions can be healthy snacks, too. Processed, less-healthy snack foods such as chips, sugary drinks, candy, cookies and cake are not to be consumed during school hours.

OTHER HEALTHY SNACK TIPS

Whether your child eats his or her snack at home or at school, or if you provide a snack for a classroom party or celebration, keep these things in mind:

1. **Snacks should be kid-size.** Both children and adults don't need large portions.
2. **Snacks should be colorful.** Kids eat with their eyes. Make snacks visually appealing.
3. **Snacks should be healthy.** We will only be accepting fruit and/or veggie options for classroom birthday celebrations

SOME HEALTHY IDEAS:

Celery & Peanut Butter
Baby Carrots & Dressing
Yogurt
Smoothies (put into reusable thermos)
Nuts (almonds, cashews)
Peanut Butter Coated Pretzels
Whole Wheat Bagel with Cream Cheese
Peanut Butter & Banana (or honey)
on whole wheat bread
Fruit/Veg/Cheese Kabobs
Fruit Salad
Cheese Cubes
Whole Fruits
Salads
Guacamole Dip with Tortilla Chips
Quesadillas
Turkey & Cheese in a pita pocket
Hard Boiled Eggs
Soup in a Thermos
Hummus & Veggie Sticks
Rice Cakes
Popcorn
Granola, Fruit & Yogurt
Apple Sauce

NO SUGAR PLEASE

Including but not limited to:
Cookies, Puddings, Jello, Gummies, Chocolate,
Fruit Roll Ups, High Sugar Yogurt or Juices

