

## Morning Snack

Please remember to send a small, **healthy** snack in with your child everyday. We eat lunch at 1:00pm, so many children get hungry long before then. Snacks should be "finger food" items (requiring no fork or spoon) such as whole grain crackers, pretzels, dry cereal (not sugary), cereal bars, string cheese, butter-free popcorn, raisins, fruits or veggies (already cut or peeled), etc. Any snack that resembles a cookie or candy bar is not a good choice. We work while we eat, so please send a snack that will not create a mess or distraction. Water bottles are welcome (room temperature; no ice), but please no sugary drinks. Spills and stickiness are no fun.

It is each child's responsibility to bring in their own snack. If a child forgets to bring in a snack, another student should not feel obligated to share with that child. Better to let the child experience the natural consequences... they probably won't forget to bring their snack the next day. Memory will improve and so will a sense of responsibility!

