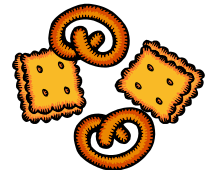
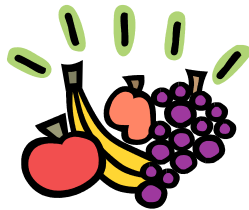
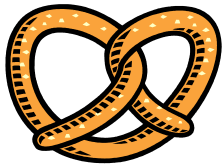
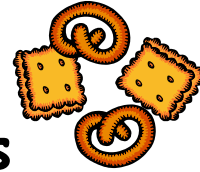


Morning Snack

Please remember to send a small, **healthy** snack in with your child everyday. 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, plantain chips, fruits or veggies (already cut or peeled), etc. Any snack that resembles a cookie, chips 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!





Snack Suggestions

Just a reminder that snacks should be HEALTHY "finger food" items such as:

- Crackers (ex: Cheese Nips, Whole Grain Cheez-Its, Whole Grain Goldfish, Triscuits)
- pretzels
- pita bread
- string cheese
- graham crackers
- dry cereal (not sugary)- Chex, Kix & Whole Grain Cheerios are good examples
- cereal bars
- raisins
- plantain chips
- dried fruit (no added sugars)
- squeezable fruit pouches
- fruits (already cut or peeled)- banana, apple, orange, grapes, etc.
- veggies (already cut or peeled)- carrots, celery, cucumber, sliced peppers, sugar snap peas, etc.

Anything that requires a fork or spoon, or resembles a cookie, candy bar, or potato chips is not an appropriate snack. Thank you for sending a snack that will not create a mess or distraction.

