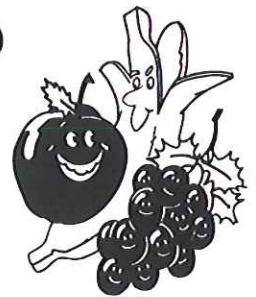


Healthy School Snacks

Your help in
keeping our students
healthy is appreciated!
Thanks!

- ◇ Pretzels
- ◇ Graham Crackers , whole grain)
- ◇ Bagel (whole grain)
- ◇ Unsweetened cereal
- ☑ Fresh fruit
- ☑ Dried fruit (raisins, banana chips)
- ☑ Fruit/cheese kabobs
- ☑ Unsweetened applesauce
- ☑ Celery with peanut butter or cheese
- ☑ Raw Vegetables

- ☑ Yogurt
- ☑ Popcorn (no butter), rice cakes
- ☑ Nuts (not for young children or those with allergies)
- ☑ Trail mix (nuts, dried fruit, unsweetened cereal, etc.)
- ☑ Cheese (string, cubes, low-fat cottage cheese)
- ☑ Water

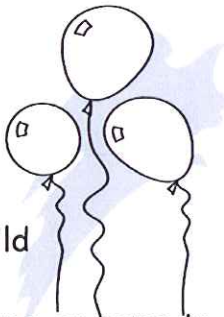


◇ Suggested choices for Kindergarten

Birthday Treats Are Optional

If providing birthday treats, refer to the Healthy School Snack list or consider the following:

- ☑ 100% frozen juice pops
- ☑ Ice milk/frozen yogurt
- ☑ Smoothies
- ☑ Stickers, pencils, etc.
- ☑ Eat lunch with your child
- ☑ Bring a special book, song, or game to share with the class



Classroom Parties

Please consult with
the classroom
teacher before
sending any items.



(Answer on back)

Q: How can healthy snacks help our kids?

Suggested Guidelines For Healthy:
School Snacks
Party Foods
Birthday Treats



Q: Why encourage healthy snacks?

Healthy eating can improve:

- ~ Academic performance
- ~ Attention span and concentration
- ~ Energy level
- ~ Mood
- ~ Social relationships



Healthy eating can decrease the risk of:

- ~ Obesity
- ~ Osteoporosis
- ~ Diabetes
- ~ Heart disease
- ~ Anxiety
- ~ Depression



Q: What can we do to encourage healthy eating habits?

- ~ Offer a healthy breakfast
- ~ Model healthy eating habits
- ~ Provide a variety of healthy food choices
- ~ Seek moderation when choosing foods high in fat, sugar, or sodium
- ~ Praise healthy food choices