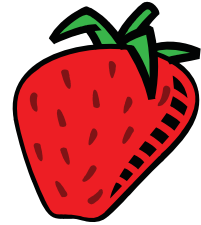


Being Healthy Is Important!

Snacks are an important part of any person's diet. Proper snacks build healthy bodies and teeth. Snacks also give us energy. I recommend that your child bring a healthy snack each day to give them the energy they need to succeed in learning. When snack time comes they are very hungry and need nourishment.

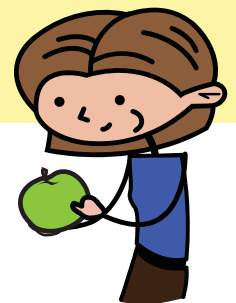


Please DO NOT send snacks that are not nutritious (cookies, chips, donuts, candy, etc.) Non-nutritious snacks are not good for us and digest too quickly, making our blood sugar skyrocket and then plunge almost immediately. This leaves us feeling hungry and tired.

Healthy Snack Ideas

- Crackers
- String cheese
- Cottage cheese
- Turkey sandwich
- Turkey stick
- Pretzels
- Nuts*
- Sunflower seeds
- Dry cereal (*less than 12 grams of sugar*)
- Hard-boiled egg
- Low-fat yogurt
- Popcorn
- Trail mix*
- Raisins
- Vegetables (*carrots, peppers, cherry tomatoes, etc.*)
- Peanut butter* (*in sandwiches, or spread on celery, crackers, or apple slices*)
- Corn tortillas or sopes
- Pico de gallo
- Salsa
- Bean and cheese burrito
- Veggie enchilada
- Corn tortilla with low-fat mozzarella
- Fruit (*apple, orange, melon, pear, peach, berries, banana, grapes, mango, and avocado*)

* Please be aware of any food restrictions (such as peanuts) that may be in place in your child's classroom due to food allergies.



THANK YOU for helping make your child the BEST he or she can be!