



Snack Do's and Don'ts...

Serving healthy snacks to children is important to providing good nutrition, supporting life-long healthy eating habits, and for helping young minds have the energy to play and learn. We are requesting that you send your child with a **healthy** snack each day. Listed below are some suggested do's and don'ts for snacks. Please do not send your child to school with junk food. Use your best parental judgment when choosing snacks for your child.

Do's

- Fruit
- Cheese
- Carrots or other veggies/dip
- Yogurt
- Healthy Cereal/Granola in a baggie (without nuts!)
- Small Sandwich/Tortilla/Pita (**No Peanut Butter Allowed!**)
- Hard boiled egg
- Pretzels/Baked Chips
- Crackers/Rice Cakes
- Fruit Leather
- Water
- 100% fruit juice box
- Milk
- Leftovers (cut up into bite-sized pieces)

Don'ts

- **NO PEANUT BUTTER or PEANUT PRODUCTS!** (Due to allergies)
- **NO TREE NUTS EITHER** (including almonds, cashews, walnuts, etc.) (Due to allergies)
- Soda (**ABSOLUTELY NOT ALLOWED!!**)
- Fruit Juice with high amounts of sugar or corn syrup (discouraged)
- Cookies (discouraged)
- Cupcakes (discouraged)
- Chips (discouraged)