

Dear Parents,

The first grade will have an afternoon snack. Because our lunch time is at 10:45am, the children will benefit from a small, **HEALTHY** snack in the afternoon to keep their bodies and minds ready for learning. We are asking the children to bring their own snacks from home. This should be separate from any lunches that are brought. The following is a list of suggested healthy snacks provided by a nurse.



**Fruit - fresh, frozen or dried**

Melon, grapes, apples, bananas, blueberries, watermelon, oranges, etc.

**Veggies**

Carrot sticks, broccoli, cucumber slices, pepper strips, snap peas, cherry tomatoes, etc.

**Bread**

Whole-grain crackers, popcorn, plain Cheerios, pretzels, Goldfish crackers, Cheez-Its, baked tortilla chips, granola and cereal bars, etc.

**Dairy**

Yogurt, string cheese, small cubes of cheese

As you can see, there are many different suggestions, so our hope is that everyone can find a snack they can enjoy that is on the list or similar to items on the list. Another helpful suggestion to save class time is to have the snack ready to eat (fruit and veggies washed and cut and fruit peeled). If your student needs a utensil for the snack please pack that as well. We will educate the children at school about the purpose of snack time and how a snack is different from a "treat" or "meal". Thank you so much for your support!

-Mrs. Marigene Lorson