

HEALTHY FOOD/ SNACK CHOICES

This is a friendly reminder to send your child to school with **two healthy** snacks packed in his or her lunchbox everyday: one for morning snack-time and one for afternoon snack-time.

We encourage these healthy snacks to be nutritious as opposed to snacks filled with sugars and/or artificial or processed ingredients. These types of not-so-healthy snacks cause the children to have a burst of energy shortly after eating them, but then the energy fades quickly as the day progresses. By providing your children with healthier alternatives, it keeps them energetic and ready to learn throughout the whole day.

Some suggestions for healthy snacks for your children are

- whole grain cereals
- granola bars
- raw vegetables such as celery or carrots
- dried or fresh fruit
- yogurt
- string cheese
- applesauce
- raisins
- rice cakes

*Please, **do not** send your child to school with candy or candy bars!*

For more suggestions on healthy snacks, you can always visit www.mypyramid.gov, a website created by the United States Department of Agriculture [USDA] to promote healthy eating habits. This website is a very child-friendly, so visiting it with your child may be a great idea.

Also, please be mindful of the amount of snacks with which you send your child to school. Sending a child in with too many snacks can cause the child to eat rapidly and/or to overeat, which often results in unwanted stomach aches.