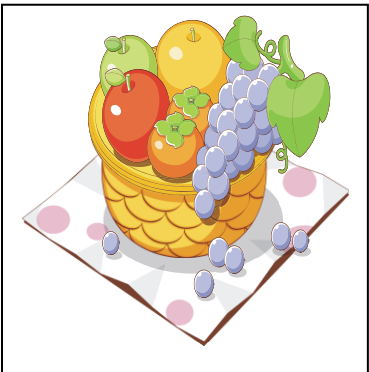


Healthy Snacks

We are working on teaching our students about **healthy** living and lifestyle choices. In order to support the teaching in the classroom, we are asking that parents/guardians try to work with us to encourage **healthy** choices when it comes to **snacks and lunches**.

Some **examples** of a **healthy snack** are:

- Vegetables ~ Carrots, Celery, Broccoli, Cauliflower, Peppers, Beans, Snap Peas
 - Goldfish, Crackers and cheese, Raisins
 - Yogurt, Milk, Cottage Cheese
- Fruit (fresh, cut, or whole) ~ Banana, Apple, Pear, Plum, Peach, Orange, Grapes, Pineapple, Strawberries, Raspberries, Blueberries
 - Pita and hummus



Some **examples** of a **healthy lunch** are:

- Sandwiches ~ ham and cheese, tuna
 - Pasta and sauce
 - Curry with meat and rice
 - Soup



Please try to make every effort to send two snacks a day. We are asking that at least one snack be a healthy one.

We will let you know when the morning snack program starts. You may choose to have your child be a part of it, or not.

Many thanks for your support,

The Kindergarten Team