Snack Time

Healthy snacks have been proven to be “brain boosters” and foster alert and well-nourished students. Please send a healthy snack that can be eaten in a short amount of time and requires no preparation or clean up. Please do not send a snack that requires any eating utensils. Please do not bring a snack that contains peanuts, peanut oil or coconut. Snacks are optional and will not be shared or provided. It is important that we set good eating habits by choosing our snacks wisely.

**Healthy snacks include:**

- Fruits
- Vegetables
- Crackers
- Cheese
- Animal Crackers
- Pretzels
- Granola bars
- Fruit bars
- Raisins
- Non sugar coated cereals

**Not-so healthy snacks include:**

- Chocolate
- Candy
- Candy Bars
- Fruit roll-ups
- Fruit by the foot
- Cookies
- Chips
- Pastries
- Sugar coated cereal

*Please keep in mind that this list is a guide to choosing a healthy snack.*

Students are allowed to bring a water bottle to school to allow for hydration during the day. Students should arrive with a filled bottle and are allowed a midday refill.