

August 16<sup>th</sup>, 2013

Dear Parents,

Starting on Monday, August 19<sup>th</sup>, 2013, your child will need to start bringing a snack to school each day just for themselves. Today we had a lesson on healthy snack choices. We talked about the 6 food groups of the Food Pyramid. We talked about how some snacks give us quick energy, like a candy bar, and then we are out of energy again; whereas, healthy snacks, like an apple or orange, give us energy over a longer period of time and keeps our muscles, bones, and brain working. We had great conversations about excellent, good, not so good, and not good at all snacks. The students colored and glued good snack foods onto a paper plate as a reminder to bring a healthy snack on Monday. In the past, I have had parents send 5 snacks to school on Monday and the students stored them on the top shelf of their locker. That works for the single wrapped snacks, but not the perishable snacks. **Each child will be responsible for their own snack ~ NO sharing, switching, or providing snacks for others. If someone forgets, then they go without a snack for that day.** *Trust me – they won't/don't forget 2 days in a row.* If you send jello or pudding, don't forget a spoon and some snacks might need a fork. Snack time is right after morning recess. It is usually a "working snack" at the beginning of our Language Arts block so instructional time is not lost.

**The main things to remember are to keep the snacks:**

- 1. Healthy (NO candy or chips),**
- 2. nothing sticky or too messy,**
- 3. NO liquids,**
- 4. NOTHING WITH NUTS or PEANUTS**

Suggestions:

<b>Bread, Grains, and Cereal</b>	<b>Meat</b>	<b>Dairy</b>	<b>Fruit</b>	<b>Vegetable</b>	<b>Sweets</b>
*Crackers *Granola Bars *Nutri Grain Bars *Some cereals *Muffin *Wheat Thins *Protein Bars *Etc...	*Jerky *Slim Jims *Etc...	*Yogurt *String Cheese *Cheese Cubes *Pudding *Etc...	*Apple (cut up or whole) *Orange (best if peeled) *Watermelon chunks *Grapes *Blueberries *Banana *Pear *Dried Fruit *Etc...	*Celery *Carrots *Snap Peas *Cucumbers *Broccoli *Cauliflower *Etc...	Nothing

Also, students can have a water bottle on their desk throughout the day. The water bottle needs to be plastic (NOT glass), have a cap and/or be spill proof. Our days are cool now, but we all know that hot and humid can return any day or week.

Thank you in advance for keeping the snacks **HEALTHY!**

Mrs. Goeden

[Janis.goeden@k12.sd.us](mailto:Janis.goeden@k12.sd.us)