

Snack Policy

In order to promote health and healthy eating in our children, we have implemented a policy in our daily snacks. We are going to teach the children the difference between what we will call “anytime snacks” and “sometime snacks”.

Anytime snacks are healthy, and good for us to eat daily. Sometime snacks are those snacks that we should enjoy only sometimes, such as once a week or on special occasions. I would appreciate it if you would follow the guidelines that are being set for our snack time. The children are asked to bring anytime snacks Monday-Thursday. On Friday, they may bring a sometime snack, but only if they wish to do so. Sometime snacks will also be permitted on special days such as birthdays and holidays. Below I have enclosed a list of anytime snacks and Sometime snacks. This list is only a suggestion.

Anytime Snacks

Fresh, canned, or dried fruit (cut and ready to eat)
Fresh vegetables (Cut and ready to eat)
You may bring fruit or vegetable dip with these if you wish
Whole wheat or low fat crackers (the flavored kind is fine)
Snack mixes made with popcorn and whole grain cereal
Chex mix
Various trail mixes (no peanuts, please)
Low fat breads and muffins
Flavored rice cakes
Pretzels
Granola and granola bars
Popcorn
100 calorie packs
Any other healthy snack
Yogurt
cheese

Sometime Snack

Snacks full of processed sugar
Cookies
Cupcakes

Pop
Cookie or cake bars
Popsicles
Pudding
Rice Krispy Treats
Any other sugar or fat filled snack or junk food

Each snack calendar will let you know what to bring for the PM snack.

Since our class size is small, I will include myself on the snack calendar. I would also like to include a “pick day”. Pick days are days when children can pick from any of the extra snacks. For example, if you buy a box with 10 please send them all so we can include extras in the pick box. Don’t buy extra on purpose.

