

Dear Parents:

Due to our wellness policy, our school is moving to healthier snack options. We have provided some ideas to help get you started with some healthy snack options.

Any non-food items are encouraged for class parties.

If the classroom has students with allergies, this website might be helpful www.snacksafely.com.

Thank you for your cooperation.



BRSHIP

Black River
School Health
Initiative
Program

Suggested Healthy Snacks-

- | | |
|--|------------------|
| Fresh Fruits | Fruit Kabobs |
| Fruit and yogurt | Fresh Vegetables |
| Bottled Water | Low fat milk |
| Low fat cheese sticks | Pretzels |
| Popcorn (low salt) | Baked chips |
| Low fat and low sugar yogurt (cups or tubes) | |
| Fruit cups and applesauce (no added sugar) | |
| Angel food cake topped with fresh fruit slices | |
| Dried Fruit (raisins, banana chips) | |
| Whole grain cereals, crackers, granola bars (low in sugar) | |

Non-Food Items

- Stickers
- School Supplies
- Art Supplies for crafts
- Bring a special song, book, or game to share with the class
- Seeds to plant

CLASSROOM PARTIES

Please consult with the classroom teacher before sending any items.



www.snacksafely.com

