

**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](http://www.snacksafely.com).

Thank you for your cooperation.



**BRSHIP**

Black River  
School Health  
Initiative  
Program

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**Suggested Healthy Snacks-**

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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

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## CLASSROOM PARTIES

Please consult with the classroom teacher before sending any items.



[www.snacksafely.com](http://www.snacksafely.com)

