

# 1<sup>st</sup>/2<sup>nd</sup> Grade Healthy Snack Time

Who: 1<sup>st</sup> and 2<sup>nd</sup> Grade

What: A 5-10 minute healthy NUT free snack

Why: STUDENTS WILL ENGAGE IN A HEALTHY BRAIN BREAK TO REFUEL THEIR BODY

When: Late afternoon Monday-Friday

APPROVED SNACK ITEMS		
Fruit	Vegetables	Dry
<b>Fresh Cut Fruit</b>  <b>No fruit cups</b>  <b>Please have all fruit cut &amp;/or peeled in a sealed bag</b>	<b>FRESH CUT VEGGIES</b>  NO DIPPING SAUCES (EX: RANCH, HUMMUS.)  PLEASE HAVE ALL VEGGIES CUT AND STORED IN A SEALED BAG	<b>Pretzels</b> <b>Goldfish</b> <b>Crackers</b> <b>Dried Fruit</b> <b>Veggie Sticks</b> <b>Graham Crackers</b> <b>Pirate Booty</b> <b>100% Fruit Snacks</b> <b>Cheese Sticks</b>

## Helpful Hints:

- All snacks **MUST** be nut free due to allergies
- 1 snack per child that is a child size portion
- water only
- no chips, cookies or refrigerated items (except a cheese stick)
- No items that require a spoon
- Please be aware you do not have to send a daily snack, but no back up snack will be provided

**Snacks not on the approved list will not be permitted inside the classroom and is up to the teacher's discretion for safety purposes**