

Dear Parent/guardian,

Proper nutrition in childhood can reinforce life-long eating habits that contribute to your child's overall well being and help them to grow up to their full potential and healthy life.

(Blank School District) promotes healthy eating habits for its students, which has a positive affect on their ability to learn. Continuing with its commitment to keeping kids healthy.

(Blank School District) has provided a list of recommended healthy snack food items and food alternative ideas. We encourage the use of these listed items to assist in the promotion of your child's health and well being.

Below is a list of alternatives to food items which can be used for parties or special events:

- * Stickers, pencils, and other school supplies
- * "Mystery pack" (notepad, folder, sports cards, etc)
- * Coloring book
- * Stamps
- * Stencils
- * Key chains
- * Special pens; markers; crayons
- * New or used book exchange
- * Purchase a book for the classroom
- * Craft projects
- * Board games
- * Donation to a selected organization

Please contact your child's teacher regarding your party ideas!

Thank you for your cooperation.

(School District) Administration



Better School Food Healthy Snack List

FRUITS

Apples—slices
Bananas
Blueberries
Cantaloupe cubes
Cherries
Clementines
Grapes-quartered
Kiwis-sliced
Oranges wedges
Pomegranate seeds
Strawberries
Raspberries
Watermelon Cubes

GRAINS

Whole grain crackers
Tortillas
Corn chips
Homemade popcorn
Cereal bars
Spelt pretzels
Snap-pea crisps
Fruit/nut mix bars
Granola bars
Rice cakes
Crisp flat bread
Baked chips

BEVERAGES

Water
Sparkling water
Milk-low fat or skim
Herbal ice teas
100% Fruit juice
Low-fat yogurt beverages

DAIRY

Yogurt with fruit
String cheese
Low fat pudding
Low fat cheese

VEGETABLES

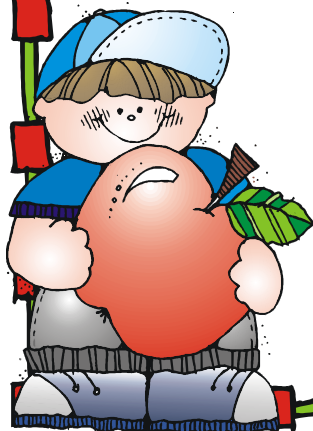
Baby Carrots
Cucumber slices/sticks
Grape tomatoes
Bell peppers-sliced
Sugar snap peas
Guacamole
Hummus
White bean dip
Salsa

DRIED FRUITS/NUTS

Apples
Apricots
Raisins
Mangos
Almonds/butter
Cashews/butter
Peanut butter
Pecans
Trail mix
Sunflower seeds
Walnuts

POWER COMBOS

Tortilla roll ups
(fill with eggs/cheese/turkey)
Banana with peanut butter
Cucumber with almond
butter
Homemade smoothies
Salsa & corn chips
Carrots & hummus
Peppers & white bean dip



WARNING: A small but growing number of kids have severe **peanut and/or tree nut allergies**. Before bringing in peanuts, peanut butter, or other nuts as a snack, check to make sure none of the children have an allergy.

