Dear Parents,

One way we can help teach our children develop healthy eating habits is by introducing them to healthier snacks at school. In the past, students have been assigned days to bring snack for the whole class; however, due to COVID, students are asked to bring an individual snack from home each day unless it’s someone’s birthday. At that time, the birthday boy or girl is invited to bring a special treat for the whole class. These treats must be store bought. A monthly V.I.P. (Very Important Person) calendar will be sent home with a list of specials and V.I.P. students each day. If a child’s birthday falls within that month, it will be marked on the calendar. On that assigned V.I.P. birthday, your child may bring a birthday treat for the whole class. Please send 23 snacks.

On non-birthday days, my goal is for my students’ snacks to be “brain friendly” foods. In my master’s program, I have learned the positive impact a healthy diet has on the brain. Studies have shown that when people eat better, they are more likely to remember things and be more alert throughout the day. All snacks need to be store-bought and pre-packaged unless it is a fruit or a vegetable. I do have a small refrigerator in my room if a snack needs to be refrigerated. You are welcome to send snacks each day or you could send snacks for the entire week if that’s easier. Just send the snacks for the week in a bag. Your child will keep that in his/her locker throughout the week. Below is a list of possible snack ideas:

String cheese Jell-O

Crackers Jell-O pudding

Wheat thins Applesauce

Grapes Popsicles made with real fruit

Apples Popcorn

Oranges Rice Krispy bars

Bananas Cereals

Strawberries and Lite Cool Whip Chex mix

Watermelon slices Fruit snacks

Celery and peanut butter Yogurt

Carrots and ranch Frozen fruit cups

Cherry tomatoes and ranch Fig Newtons

Raisins Chips and salsa

Trail Mix/Gorp Fiber One Cereal (clusters)

Granola bars Dried fruit chips

Goldfish crackers Kiwi (cut in half/eat with spoon)

Pretzels Fruit cups

Graham crackers Cereal bars

Animal crackers Frozen yogurt

Rice cakes Milk and vanilla wafers

Please note: I WILL allow sugary treats on your child’s birthday! ☺

Thank you in advance for all of your support! It really does make a big difference.

~Ms. Benson~