

SNACK

What to Bring and How Much?

- Healthy, nutritious snacks, free of salt, refined sugar are best. Fruit and/or vegetable selection if preferred.
- Convenience (for both you and the school) is very important. For example, have everything “ready-to-serve”. Fresh, frozen or canned fruit (with juice removed) and vegetables pre-cut and washed.
- Quantity: there are 20 children in the class average 2-3 oz or ½ cup per child.
For example: ½ an apple, ½ a pear or 10-12 grapes per child is more then enough.
- Variety and creativity are extremely important. There are several choices you could make.
For example:

Vegetables: Carrots, Celery, Zucchini, Cucumbers, Cherry Tomatoes, Broccoli, Cauliflower, Green Peppers, Radishes, Spinach, Lettuce, etc...

Fruits: Apples, Avocados, Bananas, Coconuts, Rhubarb, Apricots, Peaches, Plums, Grapefruit, Nectarines, Oranges, Clementines, Melons, Grapes, Blueberries, Strawberries, Cherries, etc...

Thank You!

Sign-up sheet is on bulletin board before you enter the class ! Please sign-up for 2 weeks during the year.