



# Healthy Snacks

Each time you are the primary co-op helper, you will be responsible for bringing the snack for your entire class.

Please note how many children are enrolled in your class to know how much to bring. Many parents thoughtfully bring enough snacks for the teacher and two helpers as well. Teachers get hungry too!

Snacks are an important part of a child's daily food intake. It is difficult for children to get all the nutrients they need to promote growth and development in just three meals a day. A well chosen snack can help supply nutrients and boost energy needs. Plus, there's nothing your child enjoys more than being the snack helper and getting to set the table.

Please remember that Alpha-Bet is a **nut aware** school. Please ensure any snack you bring does not contain any type of nuts. Read the labels carefully as sometimes items will state they have been processed in a plant with nuts and may contain traces of nuts. Food allergies are very serious for some of our children and it is our responsibility to keep them safe.

Think nutritious and not overly processed when planning your snack. The snack should consist of a drink (100% juice, water or milk) and a healthy snack consisting of two separate items from at least two different food groups. After a few weeks, we'll all start to ask ourselves, 'what should I bring for the snack today?' Below are a few snack suggestions. Remember to choose foods that aren't choking hazards and avoid unhealthy food with too much added salt or sugar.

cheese & crackers	carrots w/ ranch dip	string cheese
low sugar yogurt	nut free granola bars	fruit of all kinds
raisins	popcorn	pretzels
graham crackers	applesauce	low sugar cereals

Don't be afraid to bring a snack the kids can help prepare themselves like fruit kabobs or mini bagel pizzas. The kids love this!

If you plan to be extra creative, please let the teacher know in advance so they can allocate extra time for the snack creation. The sky's the limit and I'm sure the kids will appreciate something exciting every now and then amongst a sea of goldfish.

Please also remember to bring whatever cups, plates and napkins you may need...Alpha-Bet doesn't have an unlimited supply. You may borrow some in a pinch but will need to replace them within two days. Fun character cups and pretty napkins do a lot to pretty up snack time too...have fun!