

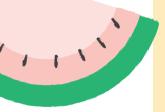
## HEALTHY SNACK IDEAS

SEE BELOW FOR COVID-SAFE OPTIONS THAT HELP OUR TEACHERS MINIMIZE CONTACT AND CLEAN-UP. PLEASE SEND ITEMS IN DISPOSABLE CONTAINERS OR BAGGIES.

> FRUITS OR VEGGIES (PACKAGED IN A ZIPLOC OR DISPOSABLE CONTAINER)

Carrot Chips Celery Sticks Cucumber Slices Edamame Snap Peas Apple Slices Berries Grapes (Sliced for 3's and under) Clementines (Pre-peeled at home)

HEALTHY PRE-PACKAGED SNACKS (COOKIES OR FRUIT SNACK GUMMIES ARE NOT ALLOWED) Crackers (Bitsy's and Simple Mills are healthier options) Individual hummus & pretzels Popcorn Granola Bars (Kind Kids, Larabar, RX Bar Kids, Ella's Kitchen, Pure Bars) Applesauce or other pouches Dried Fruit or Freeze Dried Fruit Bags SnaPea Crisps Veggie Straws Siggi's Yogurt Drink Yogurt Cups w/spoon Cheese Sticks



HOMEMADE SNACKS (PACKAGED IN A ZIPLOC OR DISPOSABLE CONTAINER) Muffins Energy Balls Granola Bites or Bars Trail Mix with dried fruits and cereal



WE HOPE TO EAT OUTSIDE EVERY DAY WHEN WEATHER PERMITS. IN WARMER MONTHS, PLEASE CONSIDER THIS WHEN SENDING ITEMS THAT MAY NEED TO STAY COOL. AT THIS TIME WE ARE NOT ABLE TO PROVIDE SILVERWARE - PLEASE SEND A DISPOSABLE SPOON FOR APPLESAUCE AND YOGURT CUPS. THANK YOU FOR YOUR COOPERATION IN ADJUSTING TO OUR NEW SNACK TIME ROUTINE. THIS LIST ONLY APPLIES TO SNACK TIME. PLEASE REFER TO THE LUNCH GUIDELINES WHEN PACKING YOUR CHILD'S LUNCH.