

September 2012

Dear 3<sup>rd</sup> Grade Parents/Guardians,

In an effort encourage the consumption of healthy foods and maximize instructional time within our classrooms, 3<sup>rd</sup> grade students will be given the opportunity to have a “working snack” around 10:00 am each morning. A “working snack” will provide our students with nutritional food while remaining on task in the classroom. Snacks should be placed in students’ backpacks and packed in an easy-to-open container or baggie.

When planning for snack it is very important to remember the nutritional guidelines we must follow. Please do not send it any food or beverage items with sugar listed as its first ingredient. A recommended third grade snack list is provided to give the children choices of healthy snacks that can be eaten safely, quickly, and easily managed in our classroom. While we understand the food items on our non-recommended list are yummy, please refrain from sending them to school as they have little nutritional value. Please feel free to enjoy those tasty treats at home or on special occasions.

***Third Grade Recommended Snack List***

***Non-Recommended Snack Items***

Carrots Sticks (pre-cut and washed)  
Celery Sticks (pre-cut and washed)  
Apple/ Orange slices  
Grapes  
Bananas  
Cereal bars  
Fruit  
Crackers & Cheese  
Cheese stick  
Yogurt  
Jell-O  
Small bottle of water  
Small juice box  
Milk

Potato Chips  
Cupcakes  
Donuts  
Cookies  
Soda  
Sweets

Thank you for your support in helping our students enjoy a healthy, working, mid-morning snack.

Sincerely,

Mrs. Christie A. Vanderhook, Principal