

Snack Guidelines

Snoqualmie Elementary School

Each day, the children will have a few minutes to eat a healthy snack. This will help alleviate those hunger pains that result from being in school all day. **The children will be responsible for bringing their own healthy snack each day**. Please note that **NO** snack will be provided for your child if s/he does not bring one from home. Your child does not have to participate in snack time if he or she does not want to.

Please note that your children should only bring healthy items during snack time. This is an opportunity to help them re-fuel for learning. According to the recommendations made by WASDA’s (Washington Association of School District Administrators) nutrition policy, students should avoid eating sugary substances during the school day. Although sugar-based foods are yummy they can have an adverse affect on a child’s ability to sustain learning momentum. Please keep candies, cakes, and other sugary treats at home. Thank you so much for your cooperation.

Examples of an acceptable healthy snack include:

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| * Trail mix
* Crackers
* String cheese
* Gogurt
* Fruit
* Raisins
 | * Dried-fruit
* Vegetables
* Cheerios
* Granola bars (no chocolate or candy coverings)
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Peanut allergies are becoming more common so please avoid sending snacks containing nut products if at all possible**.**

Thank you so much for your cooperation! ☺

The First Grade Team