

## Snack Time Guidelines

Snack time is a very important part of a student's day. Students are encouraged to bring healthy snacks as opposed to those high in sugar, fat, or salt content. Healthy snacks include fruits, vegetables, crackers, cheese, etc. It is imperative that we teach children at a young age about proper nutrition and healthy choices. In lieu of an all-inclusive snack list, it is hoped that parents will be mindful of providing healthy snacks for their child.

Peanut and Tree nut allergies are becoming more and more common within our school district. With this in mind, we ask that when you are bringing treats into classrooms for whatever reason, that you avoid foods with peanuts or tree nuts in them as well as read the labels to make sure that the product was not manufactured in a factory where peanuts and tree nuts were present. ***Non-food alternatives are highly encouraged such as pencils, stickers, etc.***