



Dear Parents:

As you are aware, our students are currently allowed to bring a healthy snack to school to consume at morning break. Snacking helps kids to keep their energy up, make up for skipped breakfasts, and provide fuel for activities throughout the day. We are asking for your assistance in helping your child to plan and pack the appropriate snacks.

In adherence with our school's wellness policy, "all snacks served during the school day should make a positive contribution to the children's diets and health." Foods and beverages should be age-appropriate portions. Appropriate snack choices would include whole grains, fruits, vegetables, dairy, and healthy fats, and would minimize saturated fats, sodium, and sugar. Kids eat more fruits and vegetables when they are offered to them. Our bodies need some sodium and sugar, but almost everyone consumes more than they need, contributing to obesity and other health problems. Whole grains give kids their B vitamins, minerals, and fiber, which helps keep them full longer and stay alert in order to concentrate at school.

Some healthy snack ideas include (but are not limited to):

- Fresh/dried fruits
- Fresh vegetables
- Pretzels with peanut butter or honey butter
- Baked snack crackers with cheese, hummus or guacamole
- Animal crackers
- Low fat, microwave popcorn
- Trail mix
- Nuts
- Raisins/Craisins
- Hard boiled eggs
- Small container of greek yogurt
- No sugar added applesauce
- Granola bars
- Power/energy balls
- Rice cakes
- Thin/mini bagel with low fat cream cheese or fruit spread
- Pita bread with hummus
- Cottage cheese
- String cheese
- Beef Jerky

Thank you for your cooperation in keeping our children healthy and fueled for school!!

For more information, feel free to check out the following websites:

www.healthiergeneration.org

www.usda.gov

www.actionforhealthykids.org

www.health.state.mn.us

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