



Snacks in First Grade

Each day we will be having snack time in conjunction with recess. We try to coordinate this time with the three first grade classes as often as we can so all our first grade friends get an opportunity to play together outside (when the weather is nice.)

We are asking that your child brings his/her own snack from home.

These snacks:

- should be **healthy** –**NO** cookies or candy.

Some appropriate foods are...

- fruit
- vegetables
- cheese sticks
- yogurt with disposable spoon
- crackers
- pretzels
- snack bars
- cottage cheese
- applesauce
- **Snacks must be Nut Free**
- should be packed separately from lunch in a bag/container with your child's name on it.
- should be easy to eat, not needing teacher assistance.
- should not take long to eat as this is our recess time, too.

If you have any questions, please don't hesitate to ask.

Thank you,

The First Grade Teachers