SNACK TIPS

Please send in a snack and reusable water bottle with your child daily.

- **Snacks must be NUT FREE**
- Snacks should be **healthy** - **NO** candy or chocolate. Some appropriate foods are: fruit, vegetables, cheese sticks, yogurt, crackers, pretzels, snack bars, cottage cheese, or applesauce.
- Send in appropriate utensils and containers, please **no glass** containers.
- Snacks should be packed separately from lunch in a bag/container with your child's name on it.
- Snacks should be easy to eat, not needing teacher assistance.
- Snacks should not take long to eat.
- Snacks and drinks will never be provided by the teacher.

Thank you,

Mrs. Mizimakoski