



### Snack Choices for School

Preparing snacks for your child to bring to school not only helps keep your child's body nourished and healthy, but it promotes life skills, social skills, academic skills and helps keep the environment healthy, too!

Below are some tips we hope you'll find helpful. (Please be mindful of what foods are not permitted in your child's school due to allergies & nutrition policies.)

#### Optional Foods to Include for School Snack



Water: The BEST option for keeping hydrated & helping with digestion!



Whole white milk: Full of nutrition without the added sugar & coloring



Fresh Fruit (If not fresh, choose fruit in natural fruit juice not syrup)



Yogurt: Not ones with added food coloring, like Trix, Dora, Spogebob, etc...



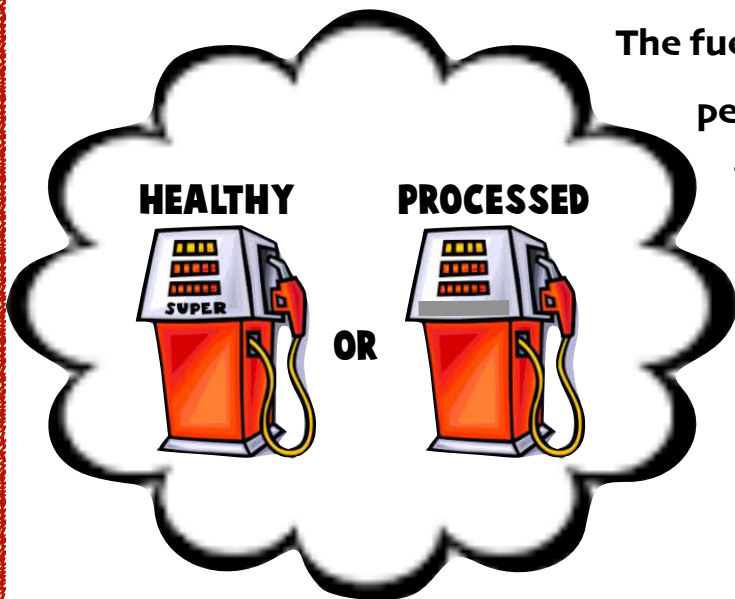
Fresh Veggies: So many to choose from and none are bad for you!



Veggie Chips, Pretzels, Pirate's Booty, Goldfish, Crackers: Try for whole grain!



Cheese Stick: Or sliced or cubed - helps to fill tummies and supports attending skills!



The fuel you put IN your child reflects the performance you get OUT of your child!



**Fuel Type = Performance**

Which fuel will you choose for your child?





### General Rules Regarding Snacks

- ☑ Water, water, water! Water is the best option to include with snacks.
- ☑ Whole Grains = Whole Health
- ☑ Natural Ingredients = Natural Child
- ☑ Flashier packaging = more sugar, food dye & processing
- ☑ Reading labels with children begins with healthy shopping habits.
- ☑ Children eat healthier when their grown-ups eat healthier, too. (Lead by example!)
- ☑ If it's not a snack you would serve your child at 10am at home on a Saturday, it's not appropriate for school either!
- ☑ A child is more inclined to eat a healthy snack when they help prepare it.
- ☑ A child who is taught how to make healthy food choices will tend to make healthy food choices as an adult.
- ☑ A healthy diet helps promote school success.
- ☑ Packing snacks in reusable, eco-friendly containers helps keep the environment healthy. (And a healthy environment means healthier kids!)
- ☑ Encourage children to bring home food they don't finish. This way the grown-ups know what is enjoyed, how much is too much, and creates less waste overall.
- ☑ Try introducing new and different foods periodically alongside preferred foods. Encourage your child to "try" new foods. Celebrate even the smallest efforts.
- ☑ If your child can't peel an egg by themselves, or eat a whole apple, then don't send it to school in that form. (Do the peeling and cutting at home. Practice together, too!)
- ☑ Make a "snack menu" at home with your child of the various foods they enjoy. This can serve as a menu for them to choose from when shopping & preparing their snack bag.
- ☑ Share ideas with other parents & caregivers. We learn from each other!
- ☑ Ask your child's teacher how snacktime is going for your child. What works? What doesn't?



**Mr. Loren's Golden Rule: Lunchables = Junkables!**

Make your own 'lunchables' with fresh ingredients. Enjoy!

