

# Power Snack



Dear Parents,

Studies have shown that when students eat a good breakfast in the morning, they do better in school. I realize that some students have difficulty eating a good breakfast due to lack of time or lack of hunger early in the morning. Even those who do eat breakfast are eating very early in the morning. I would like to have a short **power snack (healthy) in the morning** and a regular snack in the afternoon. **That is a total of 2 snack times.** The snacks need to be low-fat, healthy, foods that can be eaten quickly and without much mess. No cakes, cookies, candy or brownies please! Here are a few examples of some great snacks:

apples

crackers

grapes

carrot sticks

cheese

pretzels

popcorn

100 calorie packs

dry cereal

low-fat chips

raisins

dried fruits

graham crackers

animal crackers

granola bars

If you would like to contribute extra snacks for the students that forget to bring one, we have a snack drawer and would be grateful for any extras. Thanks for helping us provide a power snack.

Also, students are allowed to have water bottles in their cubby throughout the day. Please send your child in with a reusable (preferably insulated) water bottle. Please, no plastic disposable bottles.

Thank you,

*Mrs. Christine Davis*