



# HEALTHY SNACKS

Please allow your child to prepare a healthy snack for themselves every day since our lunchtime is the latest time of the day. (popcorn, nuts, fruits, vegetables, crackers and cheese, etc.)

If you would like to send in a bulk snack, your child can keep it in a special place.

I will be providing the first day's snack.

*No candy or sweets*

## *Fun Ideas from Felwell's Wellness Committee*

1. *Preslice some veggies such as carrots and celery. Parents and kids can fix them together, put them in zip lock bags with a little tub of fat free ranch salad dressing or hummus. Child can just grab a bag in the morning to put in the book bag.*
2. *Sliced apples (kids will eat sliced apples much more readily than whole ones!), peeled oranges or Clementine's, or half a banana in a zip lock bag.*
3. *Hard boiled eggs can provide needed protein and help the child feel full longer.*
4. *Half a sandwich – cheese, maybe some meat , even a PB&J if you don't need a Peanut free classroom!*
5. *Quesadilla made with a whole wheat tortilla, some cheese and salsa – warmed a bit in the microwave at home to just melt the cheese.*
6. *Ants on a log. That is an all time favorite! Have a peanut free classroom? Parents can spread the celery stick with pimento cheese or hummus and top with sunflower or pumpkin seeds.*
7. *Easy to make cereal snack mix with whole grain cereals, seeds, raisins or craisins*
8. *How about a fruit kabob with various in season fruits on a wooden skewer? Fruit cubes – all types!*
9. *Cheese cubes*
10. *Pretzels*
11. *Microwaved (at home!) unbuttered popcorn.*
12. *Yogurt*
13. *How about a sliced meat and cheese roll up. No bread needed!*