Choosing Healthy Snacks

Children need healthy food in order to keep growing and thinking. We encourage you to send a healthy snack to school each day. As you decide on the snack please think about sending snacks that are made and packaged at home. This way you and your child can choose the foods your child likes and you can provide the amount that your child is likely to eat.

Most pre-packaged food is high in sugar and salt which is not healthy for children. A good guideline is to check the food labels and only choose foods that <u>do not</u> have sugar (or other words that mean sugar like: glucose, fructose, corn syrup, dextrose etc.) listed in the first four ingredients.

Some ideas for healthy snacks are:

- a healthy drink in a reusable container. Please send only water, milk or juice. We encourage you to watch for drinks which have labels that say "fruit drink" as that is not juice – it just has a bit of juice added.
- fruits and vegetables:
  - children like having bite sized pieces that they can pick up with their fingers
  - make a fruit kabob by putting melon balls, berries, apple chunks, pineapple chunks onto a toothpick
  - freeze grapes, berries or bananas for a cold summer treat
  - carrots and celery sticks with hummus
  - apple sauce
- foods with protein to keep the brain working:
  - small pieces of cheddar cheese and little crackers
  - small dishes of yogurt and fruit and don't forget to send a little spoon.
  - make a mini pizza on a small pita or half an English muffin and top it with tomato sauce, shredded cheese and chopped vegetables
- Whole grain foods
  - tortilla chips and salsa
  - graham crackers dipped in apple sauce

We will always send home the food that your child doesn't finish so that you know how much to send the next day.

Please note: As part of their study of our ecological footprint, our students have challenged us all to bring "litterless" snacks to Edgemont School. Please send snacks in a reusable container and we will send it home each day to be washed and reused.