

POWER SNACK



August, 2016

Dear Families,

Studies have shown that when students eat a good breakfast in the morning, they do better in school. We 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 early and we don't eat lunch until 11:50. That is a long time to go without anything to eat! So, we would like to have a short **power snack** in the morning. The snacks need to be 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
- carrot sticks
- popcorn
- low-fat chips
- crackers
- cheese
- raisins
- dry cereal
- grapes
- pretzels
- graham crackers
- dried fruits
- animal crackers
- 100 calorie packs

If you would like to contribute extra snacks for students who forget to bring one, we have a snack basket and would be grateful for any extras. Thanks for helping us provide a power snack for our learners!!

Educationally Yours,

Nicole Reeb and Sarah Schneeberger