

Healthy Snacks

Burcham List, adopted 2005

We appreciate your willingness to provide snacks for your child's class. We encourage you to send a healthy snack from the list below or if you have another creative healthy snack idea, please mention it to your child's teacher.

Fruit

Pretzels

Low sugar cereal

String cheese

Carrots, celery, cucumbers, tomatoes, broccoli, cauliflower

Nuts

Raisins

Yogurt

Fruit juice - 100% juice

Flavored water (non-carbonated)

Popcorn

Crackers

Milk

Trail mix

Cheese/crackers

Jerky

Low-fat ice cream

Party Snacks

Dear Parents,

We appreciate your willingness to help with your child's class party.

With the national campaign for Healthy & Fit kids we are promoting Healthy Snacks and Party Favors.

We suggest the following ideas for Party favors:

bubbles

chalk

hats

little books

playdough

ink pens

pencils

eraser tops

tiny note pads

little puzzles

fun/cute straws

fun rings

We suggest the following ideas for Healthy Party Snacks:

(If you have another creative healthy snack idea, please mention it to your child's teacher.)

Fruit

Pretzels

Low sugar cereal

String cheese

Carrots, celery, cucumbers, tomatoes, broccoli, cauliflower

Nuts

Raisins

Yogurt

Fruit juice - 100% juice

Flavored water (non-carbonated)

Popcorn

Crackers

Milk

Trail mix

Cheese/crackers

Jerky

Low-fat ice cream