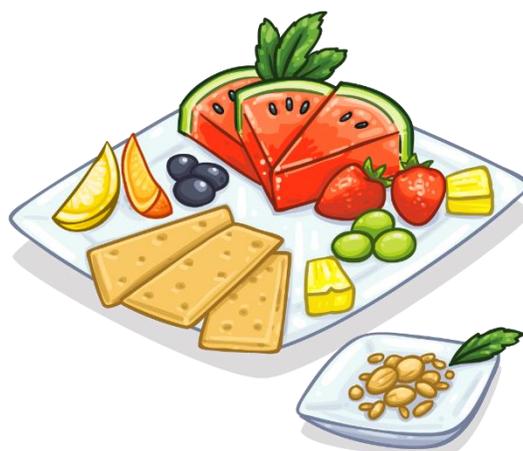


## Lower Elementary Snack Information

We ask each family to provide snack for our 27 students and four teachers for at least one week during the school year. We ask for volunteers during the weeks that families are not assigned.



***Snack is brought in on the Monday of the week that you are assigned. Parents should plan to check in with the teachers on Wednesday to see what additional snack is needed to replenish supplies. Families have the choice to opt out of snack and pay a \$100 fee to offset the cost and time involved in having Cedar Tree purchase snack. Families must choose to opt out by October 1<sup>st</sup> if they will not be bringing in snack for their week.***

In the classroom, children can have snack at any time after they have finished one work on their work lists. The children pour water to drink and serve themselves their snack, then wash and dry their cups and plates.

The snack schedule is provided at the beginning of the school year. The snack is also available online on the public calendar on our website [www.cedar-tree.org/calendar](http://www.cedar-tree.org/calendar).

If your child has an allergy to soy, wheat, gluten, eggs, dairy or nuts, or other food, or they reacts to products produced on machinery with these ingredients even if they are not ingredients of the food itself, please send some alternative snacks to school. We will keep these in a bin marked with your child's name for times when they are needed. Please check your child's bin periodically to make sure it is well-supplied with snack items.

Snack is an important time in our classroom; both socially and nutritionally. Our students rely on this snack for a boost in energy and brain power. Because snack is such a vital ingredient for learning, we ask that parents who are bringing snack to please choose snacks that are rich in protein and nutrients and low in sugar. Below is information that provides some examples of snacks and portion size.

## Cost

We want to acknowledge the cost that comes along with providing snack. If providing snack creates a financial hardship for your family, please tell us so that we can help supplement snack.

### One portion of each column:

- 2 T bean dip, 6 tortilla chips, One half banana
- One cheese stick, 6 crackers, 3 apple slices
- 1 T of cream cheese, ½ of a bagel, 6 grapes

### Snack Ideas:

Choose one item from each column to create a balanced snack for each day. These are suggestions and allow for the choice of something similar to the options given.

Protein	Grain	Fruit/Veggie
Hummus	Bagel halves	4 carrot sticks
Cream cheese	Pretzels	4 snap peas
String cheese	Rice Cakes	½ banana
Sunflower butter	Crackers	3 apple slices
Bean dip	Corn tortillas	¼ cup dried fruit
Canned garbanzo beans	Pita bread	¼ cup raisins
Cheddar cheese	Muffins	6 cucumber slices
		6 red pepper slices

Please avoid bringing:

- Yogurt, applesauce or other foods that necessitate a bowl.
- We do not have a microwave, so please don't send items that need to be heated.
- You will not need to send juice or drinks for snack as there is water for students to drink throughout the day.
- All snacks that are high in sugar (Jello, cookies, soda, cupcakes, and doughnuts) as excessive sugar can adversely affect some children. Chocolate chips in a granola bar are fine.

