

# HEALTHY BODY, HEALTHY MIND....

## HEALTHY SNACKS!!!!

To teach and encourage *Health Body and Healthy Mind* to our students, we highly recommend healthy snacks at school. Please partner with us in sending your child to school with a dry, finger food type healthy snack daily.

**Water bottles are also encouraged with a SNAP TOP OR LID PLEASE!**

Healthy suggestions include but not limited to:

**Proteins** - rolled up sliced chicken or turkey, peeled boiled eggs

**Fruits** - grapes, strawberries, sliced apples, orange slices, blueberries, dried fruit

**Vegetables** - baby carrots, cherry tomatoes, olives, celery sticks, broccoli and cauliflower florets

**Dairy** - low fat string cheese, individual cheese packets, cubed cheese

**Carbohydrates** - popcorn (sprinkle with cinnamon, garlic powder, parmesan cheese or other seasonings to change it up), pretzels, whole grain crackers, animal crackers, baked chips, rice cakes, veggie sticks/chips, cereals (regular or honey nut Cheerios, Kix, or Life), granola, trail mix, or whole grain granola bars

### **Benefits:**

Increases energy

Increases ability to focus

Promotes good nutrition

Encourages lifelong healthy eating habits

Helps prevent weight related diseases such as childhood obesity and diabetes as well as other debilitating or deadly adult diseases

### **Disadvantages:**

Can lead to a quick crash in blood sugar levels, leaving children tired and cranky

Are high in sugar, fat and calories, low in nutrients

Contributes to weight gain

Contributes to developing cavities

Contributes to gastrointestinal problems like constipation because of low fiber content