

Snack Healthy at D.E.A.R.:

List of approved foods students may bring for a snack while reading

Parents are asked to send in **foods high in nutritional value** that will provide fuel for effective learning. Below is the school nurse's approved snack list. While is a suggestive list, please attempt to provide items from this list. All non-approved snacks that are brought in (**Cookies, Chips, Soda, and Candy**) will be confiscated by D.E.A.R. monitors.

If you have any questions regarding snack, please contact the school nurse, Risa Ferrara.

Approved Snack list: **(NO NUTS: this includes peanuts, peanut butter, and tree nuts; please make sure to check protein, energy, and granola bars**

Fruit/Vegetable

1 piece of fruit: Apple, pear, orange, clementine, banana, nectarine, peach, plum, or apricot

1 cup of fruit in a Tupperware container (utensil free items): blueberries, strawberries, sliced mango or other sliceable fruit, watermelon, cantaloupe, cherries, grapes, grapefruit, kiwifruit, papaya, pineapple chunks, raisins, raspberries

1 cup of veggies in a Tupperware container (utensil free items): carrot sticks, celery sticks, bite size pieces of broccoli, cauliflower, edamame, green beans, mushrooms, olives, sugar snap peas, cherry/grape tomatoes, sliced bell peppers, cucumbers

- Suitable dipping sauces for veggies (individual wrapped containers preferred): hummus, low fat ranch, low fat mustard, salsa, guacamole, low fat cream cheese

Cheese

1 serving: 1 stick of string cheese, low-fat cheese squares (approx. 4-5 squares in sandwich bag)

Crackers

1 Serving: (or small sandwich bag filled) : individual 6 oz. bag of pretzels, 6 oz. bag of goldfish, 6 oz. bag of cheezits, 6 oz. bag of plain ritz, 6 oz. bag wheat thins (**Nothing with peanut butter!**)

Baked goods (**Please check labels for nuts!**):

1 nutri-grain bar, 1 granola bar, 1 protein bar (such as cliff bars, luna bars, kasha bars)

Note: 1 serving of cheese and 1 serving of crackers can be paired together for 1 snack