



September 2013

Dear CCSC Families,

This year, we are launching a new morning snack program that we hope will help students keep their energy up and stay focused through the long morning of classes. Students may bring a snack from home to eat while reading during DEAR, which meets every morning except Wednesday from 9:53-10:23. A few guidelines:

- All snacks should be high in nutritional value.
- **NO Cookies, Chips, Sweets, or Candy.** These will be taken by the DEAR monitors.
- **NO Nuts: This includes peanuts, peanut butter, and tree nuts. Please make sure to check protein, energy, and granola bar packaging for nut ingredients.**
- Snacks must be kept in the student's backpack until DEAR begins.
- Snacks must be items that do not need refrigeration. Please pack fruits, vegetables, dips, and cheese in an insulated bag to keep them chilled.
- Snack must be easily consumed without utensils.
- One snack serving per student.

Our suggestions for acceptable snacks and the appropriate serving sizes for each category are listed on the reverse side of this letter. The list of approved snacks is also on the CCSC website under Information for Parents and Guardians.

If you have any questions, please do not hesitate to contact me.

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APPROVED SNACK LIST

Choose a single serving from one of the categories below.

I. **Fruit and Vegetables** (single serving of one of these types)*

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

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

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

II. **Cheese** (single serving of cheese may be paired with a single serving of crackers below)*

1 string cheese stick or low-fat cheese squares (approx. 4-5 slices in a sandwich bag)

III. **Crackers** (single serving of crackers may be paired with a single serving of cheese above)

1 serving (small sandwich bag or individual 6 oz. bag) of: pretzels, goldfish, cheezits, plain ritz, wheat thins. **(No crackers with peanut butter!)**

IV. **Baked Goods** (check labels -- no nuts!):

1 Nutri-Grain bar, or 1 granola bar, or 1 protein bar (such as Cliff, Luna, and Kasha bars).

- *Note: Fruits, Vegetables, Dips, and Cheeses will not be able to be refrigerated at school.*

