

# First Grade Snack Policy 2024 - 2025

To promote health and healthy eating in our children, we are implementing a policy for our daily snacks. We are going to teach the children the difference between what we will call “anytime snacks” and “sometimes snacks.” “Anytime snacks” are those snacks that are healthy and good for us to eat daily. “Sometimes snacks” are those snacks that we should enjoy only sometimes, such as once a week or special occasions. I would appreciate it if you would follow the guidelines that are being set up for our snack time. The children are asked to bring “anytime snacks” Monday – Thursday. On Fridays, they may bring a “sometimes snack”, but only if they wish to do so. Sometimes snacks will also be permitted on special days, such as birthdays and holidays. Below I have enclosed a list of Anytime snacks and Sometimes snacks. This list is only a suggestion. I will leave it up to the individual parent’s discretion as to whether a snack is an anytime, or sometimes snack. I am also sure that there are many more acceptable snacks that I have not included on the list.

## **Anytime Snacks**

Fresh, canned, or dried fruit

Fresh vegetables

(You may bring fruit or vegetable dip with the things above if you wish)

Cheese

Yogurt

Whole wheat or low-fat crackers (the flavored kind is fine)

Snack mixes made with popcorn and whole grain cereal.

Chex mix

Various trail mixes

Low fat breads and muffins

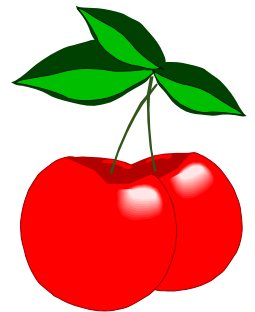
Flavored rice cakes

Pretzels

Granola and granola bars

Popcorn

Any other healthy snack



## **Sometimes Snacks**

Snacks full of processed sugar and fat

Cookies

Cupcakes

Candy

Chips

Pop

Rice crispy treats

Cookie or cake bars

Ice cream

Popsicles

Pudding

Chocolate

Chocolate milk

Any other sugar or fat filled snack or junk food.

