



KNOWLEDGE NOURISHMENT

to Feed Your Brain

*Helps kids fuel up
and keep energy and
focus levels up*

*Provides students
with another opportunity to
eat without stopping
instruction*

Why?

*Snacks provide
important nutrients children
need between meals to support
healthy bone growth and
brain development*

*Healthy snacking
contributes to child's
emotional and physical
well-being*

**Students can buy healthy "Smart Snacks" in the cafeteria,
bring their own or pick up an item from the share table**

- HEALTHY SNACK IDEAS INCLUDE -

**Fresh Fruit • String Cheese • Yogurt (flavored and unflavored or Go-Gurt kind)
Pretzels • Rice Cakes (flavored or unflavored) • Granola Bars • Whole Grain Crackers
Ready to eat popcorn • Cut up veggies (carrot, celery sticks)**

**No Snacks should be eaten on the Bus (or outside
of the classroom) for sanitary and safety reasons**

For additional details, check us out on Facebook, the website or contact your school office