

Schools play an important role in promoting and supporting children in the development of healthy eating habits. In an effort to promote healthy classrooms at C2E we are recommending that treats brought into classroom for sharing with other students, such as birthday and party treats, be healthy snacks such as fruits and vegetables. Typically, foods for school celebrations have included cupcakes, candy, cookies and soda. There is nothing wrong with an occasional treat, but unhealthy choices have become the norm rather than the exception.

Research shows that good nutrition can help reduce fatigue and irritability and improve readiness to learn. Research also shows that most children do not get enough fruits and vegetables and whole grains on a daily basis. Serving healthy snacks to children is important in order to support lifelong healthy eating habits and to help prevent obesity, a growing health issue across the United States. Snacks can make a positive or negative contribution to kids' diets - depending on the choices we offer. Listed below are ideas for healthy snacks ideas for classroom celebrations or for your child's daily classroom snack. Some classrooms have food allergies-please check with your child's teacher. We appreciate your assistance in our efforts to promote healthy classrooms at C2E.

- Fresh fruit- sliced, cut in half, cubed or wedges
- Vegetables- served with dips
- Fruit and cheese kabobs
- Pretzels
- Low-fat popcorn
- Graham crackers
- Fig Newtons
- Animal crackers
- Small sandwiches- ham, cheese or turkey
- Low-fat yogurt
- Yogurt parfaits
- Quesadillas
- Low-fat breakfast cereal and granola bars
- Nuts/seeds
- Dried fruit-raisins, cranberries, apricots, banana chips
- Whole grain crackers with cheese
- Rice cakes
- Angel food cakes topped with fruit
- Bagel slices with low fat cream cheese

