



BrainFood

Students are encouraged to bring a healthy snack each day. Students must bring a snack that they can eat within 10 minutes.

- Snacks are limited to the following: Fruit, vegetables, cheese, pretzels, goldfish, nut free granola bars.
- Students are welcome to bring a water bottle. (Please do not send beverages other than water.)
- Make sure that your child's SMALL healthy snack is easy to eat in the classroom.
- Pack your child's snack separately from their lunch. The school does not provide snacks and children cannot visit the cafeteria for snack time.
- DO NOT send in nut products as there may be students in the class with nut allergies. Please read your snack labels and DO NOT send in snacks that state, "manufactured in a factory containing nut products".
- Students are not permitted to share snacks.
- This snack is a working snack. Your child will have snack while they complete assignments. Please do not send in any item that will take longer than 10 minutes to finish.
- Snack labels will not be read by school personnel. This will be the responsibility of the adult sending the snack to school.

