

LINCOLN ELEMENTARY SCHOOL



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Dear Parents,

Providing healthy snacks for children helps them grow and develop and supports life-long good eating habits. Serving nutritious snacks as part of a healthy diet can help prevent disabling diseases such as diabetes, heart disease, high blood pressure, and obesity. Just as important as serving healthy food items, is serving the right portion. Make sure a snack is a snack...small and satisfying. Here are just a few ideas of healthy snacks we suggest if you are asked to bring a snack to your child's classroom. Snacks for the classroom should be in the original bags from the store. (Example: send a whole box of crackers, whole bag of apples, or bag of carrots.) 100% juice or milk are the preferred beverages. If you are bringing birthday treats consider the snacks below and add a fun napkin or use a fun cupcake holder to serve the snack. Also check out the reverse side for non-food idea treats. All snacks need to comply with the allergy sensitive environment at Lincoln. Please check with your child's teacher with questions.

Here is a short list of healthy snack options. These can be used for class treats and for daily individual snacks. Please visit our complete list on the Lincoln Elementary website. Look for these words in the ingredient list on packages to identify whole grain products: whole grain, whole, stone ground, whole, brown rice, oats, oatmeal.

Healthy Snack Ideas

Fresh fruit
Raw vegetable pieces
Unsweetened applesauce
Fruit cups (in own juice)
Cheese (slices, cubes, string)
Go-gurts
Dried fruit
Goldfish crackers
Graham crackers
Pretzels
Teddy Grahams
Triscuits
Wheat thins

Thank you for being proactive in modeling healthy snack choices for your child. Your help is much appreciated!

Sincerely,

Mr. Bryant and the Lincoln Wellness Committee