



# Classroom Snack Guidelines 2022-2023

Farmersville Elementary School

Dear Farmersville Families,

September 2022

Welcome back to school! I hope you all enjoyed your summer break! We are very excited for the new school year and look forward to another year of FUN and LEARNING! To help our students stay alert and ready to learn, we are encouraging students to have a classroom snack during the school day. This snack will be scheduled by grade levels as appropriate, depending on their lunch and academic schedule. Snacks are provided by you and should follow the guidelines below.

1. **NO PEANUTS OR PEANUT PRODUCTS** – We have several students with SEVERE peanut/tree nut allergies. These allergies are life-threatening. Please be extra vigilant to NOT send in any peanut products or snacks that are processed in facilities that may process peanuts. (This is for our class snacks only. Children are allowed to have peanuts/peanut butter at lunch).
2. Snacks should meet healthy guidelines (Less than 200 calories, less than 230 mg of sodium, total fat less than 35% of cal, sugar NOT one of first TWO ingredients listed) I encourage fruits and vegetables as much as possible.
3. Students are NOT to share or trade snacks with any other child (due to allergy risk).
4. NO juices / sodas. Students may have a water bottle.
5. Students must be able to manage snack independently and neatly (no spoons required, no difficult packaging, etc.)
6. Students are allowed ONE snack only. For example, one apple OR a bag of Goldfish. NOT both. We want to be as efficient as possible.
7. Snacks should never cause a disruption to the academic environment. Students not following the above guidelines may lose the privilege of snack time.

*Please contact your child's homeroom teacher if you have any questions or concerns about the above guidelines. Please adhere to these guidelines to help us keep all of our children safe and healthy.*

