



*Where Students Come First*

1700 O'Plaine Rd, Libertyville, IL 60048 • (847) 367.4120 • [www.ogschool.org](http://www.ogschool.org)

Dear Families,

At Oak Grove, we strive to provide our students with the best educational opportunities possible. Since the school day can be a long one for our students, it is important to keep their brains ready for success during those long stretches between breakfast, lunch, and home.

Therefore many of our grade levels offer students a “working” snack time during the day to help students refuel. Working snack means something the students can eat while still participating and working on their class assignments. We encourage families and students to bring in a healthy and allergy-aware snack that will provide our children with the “magical brain fuel” they need each day.

*The following guidelines have been established in conjunction with our nurses, teachers, and administration. The first two guidelines are the most important as they pertain to keeping our students with allergies safe:*

1. No nuts or foods that contain nuts (May be part of their lunch but not in classroom)
2. No sharing of snacks among students
3. No chips, candy or cookies (May be part of a student lunch)

**Healthy Snack options/suggestions**

- \* Fresh fruits (*apples, grapes, peeled oranges, bananas, etc.*)
- \* Dried fruits
- \* Vegetables (*carrots, celery, cherry tomatoes, sugar snap peas, etc.*)
- \* Already popped popcorn
- \* Pretzels
- \* Rice cakes
- \* Cheese sticks
- \* Crackers (*Goldfish, Ritz, Wheat Thins, Triscuits, etc.*)
- \* Graham crackers
- \* Applesauce - twist top
- \* Raisins
- \* Sandwich meat/beef sticks
- \* Yogurt

We understand that picking snacks for your child/children can sometimes be tricky. The list of options/suggestions provided is to give you an idea of various foods that would be filling and healthy. We appreciate your support in providing snacks that aim to keep our students safe and ready to learn.

Best Regards,

Oak Grove School Administration