

## **SUGGESTED SNACK LIST**

These suggestions are made primarily for the benefit of the children so that we do not contribute to tooth decay and hyperactivity, which is being questioned among experts where food additives are concerned. Any suggestions or questions will be welcomed.

Remember, please, the children will drink milk with their snacks, so the portions of snacks need not be very big.

Please reserve sweet snacks, as cake and cookies, for birthdays. We have a refrigerator for anything that needs to be kept cold.

**SUGGESTIONS:** Crackers (all kinds), Carrots and celery sticks, Trail mix, Jello, Pretzels, Puddings, Raisins, Popcorn, Yogurt, Fruit Snacks, Go-Gurts, Cereal, String Cheese, Granola bars, Cereal bars, Fruit Roll-ups, Fresh Fruits, Peanut butter and jelly sandwiches.

Please do not send cupcakes on a child's birthday. I would like to encourage cookies for a birthday treat. The children seem to eat cookies better than they eat cupcakes. Our experience in the past with cupcakes is that children tend to lick off the frosting, then crumble the cupcake. Much of the cupcake is wasted. Plus, clean-up after cookies is much easier.