**Snacks**

Our class will be having a daily mid-morning snack. If your child wishes to bring a snack, please pack something **small and healthy** to send to school with him/her. Please avoid sending sugary items such as candy or cookies. **Due to allergies in the classroom, please refrain from sending snacks that contain peanuts and treenuts.** Snacks that work well include an apple, cheese and crackers, pretzels, or yogurt. They are quick, easy, and less distracting for the kids. Thanks in advance for your cooperation and attention to our school’s effort to promote good nutrition and health.

