

Healthy Snacks and Treats

Please remember to follow our *Healthy School Policy* in asking for snacks for your holiday parties.

- All items should be store bought and packaged with ingredient labels.
- If your room is peanut-free, make sure parents who are supplying snacks are reminded of that.
- Even though it is a party, please remember - no soda, candy, cookies, cupcakes or cakes.

Some healthy food ideas:

Drinks: sugar-free juice or fruit punch, cider, water

Foods: popcorn, low-fat cheese sticks, cut up vegetables with low-fat dip, cut up fruit with low fat dip or cool whip, cheese and crackers, dried fruit, tortilla chips with salsa, pretzels, sugar-free jello with cool whip, mini-muffins, etc.