

## **Snack and Flowers**

Please sign up for a week to bring in snack and fresh flowers for our classroom. There are a few things to keep in mind. We would like to encourage healthy snacks for our students and they love fresh fruit, fresh vegetables, crackers, cheese, etc. We ask that you avoid sugary items like cookies or doughnuts and high sodium items such as goldfish crackers. We like to provide fresh fruit or vegetables with a whole grain for our snack. Here are some suggestions for food items to bring during your snack week.

### Fruit and vegetable options:

Pre washed and sliced or cut fresh fruit (grapes, melon, apple slices, bananas, mandarin oranges, pineapple chunks, etc.)

Pre washed and sliced fresh vegetables (baby carrots, celery sticks, cucumber slices, grape tomatoes, snap peas, etc.)

### Grain options:

Whole grain crackers

Mini rice cakes

Pretzels

Dry, low sugar cereal such as Cheerios, Chex or Crispix

Mini bagels and cream cheese or butter

Yogurt in tubes (Gogurt), cheese sticks, cubes or slices also make a delicious addition to snacks.

Please do not bring Goldfish crackers (due to the high sodium content and dyes), ranch dressing or individual fruit cups or applesauce.

## **Flowers**

A single bunch of flowers may be brought in at the beginning of the week. The flowers are for a Cutting and Arranging job for the children to do in Practical Life. Please make sure the flowers have thin stems and no thorns.