



Parents,

In an effort to promote healthy nutrition and wellness,
the Board of Education developed policy (#3542.1) to promote healthy behavior in our schools.
To support what is taught at Field Street School,
below are some suggestions for parents providing snacks during a seasonal celebration or party.

If any parents have other healthy snack suggestions, please share them with us !!!

We would love to add to our list and share them.

For the safety of our students with food allergies, we suggest snacks without peanuts or nuts.

Please note that we will no longer be able to accept homemade snacks, cupcakes and other
“sugary” treat in accordance with Board policy.

*Regretfully, we will have to ask you to take such snacks home
if they are brought to the building.*

We thank you in advance for your support of our programs.

Smart Snacks

Low fat ice cream cups

100% fruit juice pops

Flavored milk with whole apple (washed) or banana

Fruit tray with low fat yogurt dip

Vegetable tray with low fat dip

Flavored milk and plain cookies (animal crackers, graham crackers, vanilla wafers, ginger snaps)

Mini raisin boxes & plain crackers

Puddings made with milk

Yogurt cups or yogurt in a tube

Cheese tray or string cheese with crackers

Low fat popcorn (age 6 and over)

Small soft pretzel

