

Classroom Snack Guidelines

Why do we have snack time?

Snack time is important to help students stay energized, engaged, and focused.

Snack Guidelines:

St. Paul strives to encourage healthy eating. This includes snacks and drinks.

- A daily snack is permitted in all grades (teacher to decide what time works best with their schedule and not too close to the students' lunch period).
- Refillable water bottles are permitted for all students. (pre-packaged drinks and drink powders are not allowed)
- **Some classes are considered a nut-free zone for snacks and lunches.** Each classroom teacher will alert parents to any such restrictions.
- Proportions should be appropriate for the child's age.
- Please avoid sending food with a **high sugar content or high calorie, fat, and sodium content.** (eg. packaged desserts, chips, etc.)

According to MyPlate.gov, "Healthy eating is important at every age. Offer kids a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding on foods and beverages, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium." Here are some suggestions to provide a healthy snack:

Fresh Fruit
Fresh cut vegetables
Popcorn
Pretzels
Granola bars
Graham crackers
Protein bars
Fruit leather
Raisins
Cheese and crackers
String cheese
Dried fruit
Small bagel
Baked Chips
Goldfish

For more snack ideas:

[The Super Easy Healthy Snack Guide](#)
[50 Healthy Snacks for kids](#)