

Approved Snacks

Dear Parents,

Throughout the third grade classrooms we have several students with severe food allergies. Because we will be sharing classrooms, we need to be diligent in our snack monitoring. If you would like to send a daily morning snack with your child, it must be a fruit or vegetable.

Below is a list of approved snacks. It is not an exhaustive list, but a starting point. If you send a snack that is not on the list, your child must get approval from the teacher before eating it in the classroom. If you have any questions at any time about food, please contact us before sending it; we would rather be safe than sorry.

<u>Fruits:</u>	<u>Vegetables:</u>
Apples	Carrots
Grapes	Celery
Pears	Peapods
Peaches	Cucumbers
Apricots	Cauliflower
Plums	Beans of any sort
Raisins/craisins	Tomatoes
Dried fruits - FRUIT ONLY	Broccoli
Bananas	Bell Peppers



Please do not send fruit cups, dips of any kind, fruit snacks, applesauces (flavored or plain, cups or squeeze tubes), yogurt, nuts or trail mixes, or anything that requires utensils/tupperware/teacher assistance. This will help us to ensure that snack time does not interfere with learning. If you are interested in donating snacks for families who are not able to provide snacks for their children, please contact your child's homeroom teacher to work out details.

Labeled water bottles may also be sent to school for students to use throughout the day. Only water is allowed in the classrooms (no flavored drinks please). Thank you for making sure all of our children are in a safe, healthy environment!

Sincerely,
The Third Grade Teachers