



TESAGO..... A HEALTHY PLACE TO BE

We have decided as a school community that we need to have a “**Healthy Snack Policy**”. It is so important for children to be provided with good nutrition to promote lifelong healthy eating habits, to prevent diseases such as heart disease, cancer, diabetes & obesity and to give them the energy they need to learn.

Here is list of foods and beverages that provide children with the essential nutrition that their diets often lack, (taken from www.dole5aday.com), that your child’s teacher will be allowing as a snack in the classroom.

- *any fresh fruit or vegetable**
- *100% fruit or vegetable juice**
- *canned and packaged fruit products packed in juice**
- *low or nonfat milk**
- *low or nonfat yogurt**
- *low fat cheeses**
- *whole grain crackers & pretzels**
- *low fat granola bars**
- *rice cakes**
- *low fat popcorn**
- *dried fruits such as raisins, apricots or cranberries**
- *water**

(Although nuts are a healthy snack for most children, we have several students with allergies & therefore are not including them in our list.)

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