

Suggested GW Approved Snacks for Sharing With the Whole Classroom

*Please DO NOT bring in peanut products or gluten if you know your class has an allergy. Please check ALL labels on foods for peanut contamination if you do have an allergy in class. (check with teacher)

*Please ensure to include students with allergies or specific dietary needs. Please provide a plant-based choice if applicable

- ❑ VEGGIES- ANYTHING!!!! bite size is awesome!(carrots, broccoli, snap peas, celery, cucumbers, cherry tomatoes, bell peppers etc)
- ❑ FROZEN FRUIT or fresh but frozen go a long way and teachers can save and use again if leftover (bananas, strawberries, blueberries, apples, peaches, oranges, raisins, grapes, berries, cherries, peaches, plums, pears, tangerines, clementines, grapefruit, melon, kiwi, pineapple, mango) anything that grows on a fruit tree or bush, please only bring in dried fruit if it DOES NOT have added sugar
- ❑ CANNED FRUIT packed in water or light syrup: Peaches, pineapple, pears, mandarin oranges; or no-sugar-added applesauce
- ❑ SEEDS: sunflower, pumpkin, goji etc. (check for peanut contamination if applicable)
- ❑ CHEESES: cottage cheese, cheddar, cheese sticks etc)

- ❑ NUTS (please check with your crew teacher to see if someone has a nut allergy) Cashew, pine, almond, pistachio, pecan, walnut, hazelnut etc, trail mix
- ❑ GRANOLA (low sugar) (check for peanut contamination if applicable)
- ❑ POPCORN (low salt, low butter) (check for peanut contamination if applicable)
- ❑ SMOOTHIES (you bring in the fruit we will provide the blender)
*please schedule with teacher as it takes some planning
- ❑ KALE, seaweed or veggie chips (check for peanut contamination if applicable)
- ❑ 100% FRUIT JUICE or frozen juice pops (these contain less fiber than whole fruit, but still offer some nutritional benefits)

Please limit packaged items, look for whole grain, low sugar and no dyes, these items can still be heavily processed and can affect your child's behavior in class.

We are absolutely committed to our “Healthy Habits’ here at GreenWood and we ask you not bring in cookies, cakes or other celebratory foods for your child’s birthday, maybe instead, a kind note, game or short dance party for celebrating at school. Please check with your teacher. Also, we recommend you limit your balloon purchasing as well. Plastics contribute to trash in the ocean and the decline of ocean wildlife. They are also very distracting to our learning environment. We want to practice environmental stewardship as much as possible and model that for our students.

HAPPY SNACKING!

If you have any questions, concerns or need more ideas please contact Coach D at dsciandra@greenwoocharter.org

