

Letter to Families

HEALTHY SNACK IDEAS

healthy
snacks
help
kids
grow!

Dear Families,

As a part of our efforts towards supporting healthy, ready-to-learn students, we encourage students to bring healthy snacks to school. Healthy snacks help students maintain energy throughout the day and help ensure they are ready to focus and learn. We want your kids to be the healthiest they can be!

Here are some healthy snack ideas to fuel your kids:

- **Turkey or Ham Roll-Ups:** Sliced turkey or ham rolled up with cheese
- **Snack Kabobs:** Veggie or fruit chunks and cheese cubes skewered onto thin pretzel sticks
- **Cottage Cheese or Yogurt with Fruit and/or Granola:** Try using fresh grapes, frozen berries, or canned peaches or pineapple
- **Crackers with Nut Butter or Hummus**
- **String Cheese**
- **Veggies and Dip**
- **Trail Mix:** Whole grain cereal (e.g. Cheerios, Mini-Wheats, Wheat Chex) mixed with dried fruit (e.g. raisins, cranberries, apricots) and nuts
- **Baked Tortilla Chips with Hummus or Salsa and Guacamole**
- **Fresh Fruit:** Apples, cherries, grapes, bananas, pears, oranges...fruit is nature's portable, ready-to-eat snack!

Our efforts are supported by *Let's Go!*, a program of The Barbara Bush Children's Hospital at Maine Medical Center. *Let's Go!* works where children and families live, learn, work, and play to help make the healthy choice the easy choice. *Let's Go!* encourages families to adopt the 5-2-1-0 message:

- 5** or more fruits & vegetables
- 2** hours or less recreational screen time*
- 1** hour or more of physical activity
- 0** sugary drinks, more water

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

For more information about *Let's Go!*, visit www.lets-go.org. Thank you for joining us in our commitment to healthy, ready-to-learn kids!

Sincerely,

