

Organize a

MONTHLY SNACK PROGRAM

Tired of the kinds of snacks that come into the classroom? Want to make snack time easier for everyone?

Tips from a Successful Teacher:

- Ask parents to put snacks in individual baggies, if appropriate (e.g. grapes, crackers, trail mix, etc.).
- Have the student that brought in the snack be involved in passing it out.
- Have an emergency snack available for when a family forgets it's their turn.
- Make it a habit to thank the family that shared.



Try a Monthly Snack Program!

A monthly snack program is when families sign up for one day each month where they provide a snack for the whole class. A successful monthly snack program requires commitment from the teacher, students, and parents.

Getting started:

- Get the families and students on board. Use surveys, parent letters, and/or hold a meeting. (One teacher's perspective: "You need most parents to be in favor of the idea to work. I had two parents that could not live with the idea in September and they chose to send in a personal snack for their child daily. By November, both parents changed their minds. One parent said that she made a complete 180-degree change of mind and in the end, she was the biggest snack advocate.")
- As a class, make a list of healthy snacks parents could send in. Figure out what fruits and vegetables ALL students like, what ones MOST students like, and what ones students are willing to try. Brainstorm whole grains, dairy, and protein foods that would make nutritious snacks.

See the 'Healthy Snacks' and 'Snack to Fuel Your Brain' handouts in this section for ideas!

- Make a calendar to keep track of the snack days. Each child/family signs up for one school day a month to contribute a healthy class snack. Post the calendar in the classroom and send a copy home. Use the calendars as a tool to share the past month's favorite snacks, suggested snack ideas, and other healthy tips.

What do parents like best about the community snack idea?

- "...only needing snack once a month."
- "My child tried new things that he now asks for when we go shopping."
- "The excitement and feeling of responsibility my child felt when it was her turn was great."
- "It was easier for me to buy a snack for the whole classroom once a month, instead of buying several different snacks for my child to bring for the month."

continued

School: _____

Teacher: _____

Month: _____

monthly healthy snacks

Monday	Tuesday	Wednesday	Thursday	Friday
Apples Charlie B.				

SNACK IDEAS: carrot sticks, broccoli trees, cucumber slices, pepper slices, sugar snap peas, popcorn, whole grain crackers, whole grain cereal, trail mix, clementines, apples, bananas, unsweetened applesauce, kiwifruit, melon, yogurt, cheese sticks.

- Please send spoons or paper goods, if needed, with your snack.
- Individual servings in baggies are appreciated, if appropriate.