



# SNACK TIME IS REFUEL TIME!

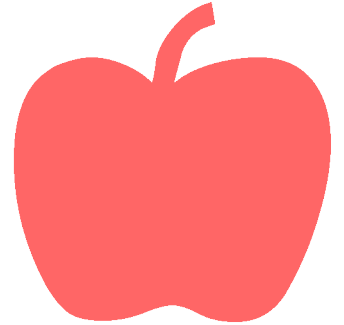
Our kindergarten students work hard at school. Snack time is needed to help fuel them for the rest of the day. Let's help our students get snacks that provide the best fuel for their developing minds and bodies.

## IN THE PRODUCE AISLE

Fruit	Bananas, Clementine Oranges, Grapes, Cut up Melon, etc.
Veggies	Carrots, Snap Peas, Broccoli, Celery, etc.

## IN THE MIDDLE AISLES AT THE GROCERY STORE:

Low Sugar Dry Cereal	Life, Chex, Cheerios, and MultiGrain Cheerios
Dried Fruit	Raisins or Dried Cranberries (Craisins)
Corn Chips and Salsa	
Whole Grain Crackers	Trisuits, Triscuit Minis
Applesauce	Look for "No Sugar Added"
Fruit Cups	Look for "Packed in Fruit Juice"
Graham Crackers	Look for "Whole Grains" on the packaging
Granola Bars	
Popcorn	Air pop it at home and send it to school in a ziplock bag



## IN THE DAIRY AISLE

Cheese Sticks or Cheese Cubes  
Yogurt

## NEED SOME IDEAS?

**EASY PEASY:** Snap Peas are prewashed and ready to go. They are in the refrigerated produce section with loads of other "ready to eat" fruits and veggies. If you're short on time, this is a great area to explore. Plus, it's usually near the front of the store so you can get in and out quickly.

**STOCK UP:** When applesauce, granola bars, or whole grain crackers go on sale, buy a few extra boxes. This way you already have it on hand in your pantry.

**MIX IT UP:** Make your own trail mix by combining dried fruit and dry cereal.

**FRUIT WINS:** If you're not sure where to start, always send fruit. It's popular, sweet, and wonderfully healthy.

**GO FOR A DIP:** Most kids love to dip their fruit or vegetables. Ask your kids what they like and send some to school. Don't be afraid to branch out from ranch dressing. Try hummus for vegetables or vanilla yogurt for fruit.



**HELP OUR TEACHERS** by sending everything prepared and ready to eat. For example, if you buy grapes, please wash them before you send them in the cooler. If you provide applesauce, please send plastic spoons.