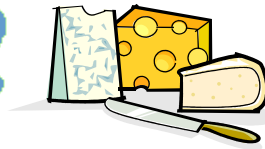


# ... Snacks ... Snacks ... Snacks ...



The Diocese of Arlington has implemented a "Wellness Program". This program is designed to instill healthy eating habits. We appreciate your support of this program and following are some yummy suggestions when preparing your preschoolers snack:

- Crackers ~ Goldfish, Graham, Animal, etc.
- Pretzels
- Yogurt/Yogurt Drinks
- Fruit Cups
- Fruit
- Granola Bars (please remember - no nuts!)
- Applesauce
- Jello Cups
- Raisins, Dried Fruit
- Cheese
- Popcorn
- Mini Muffins (please remember - no nuts)
- Veggie & Dip
- $\frac{1}{2}$  Sandwich (please remember - no peanut butter!)
- Etc.

The following is a list of the type of snack we are trying to avoid:

- PopTarts
- Donuts
- Marshmallows
- Cookies (including the "100 Calorie Packs")
- Candy
- Chips
- Etc.

If your child does bring one of these snacks to school, your child will be provided with a healthy snack and an "Oopsy" note will be sent home as a reminder to pack a healthy snack

***Water will be served at snack time ~ Please do not send a drink***

In an effort to provide the safest environment for all children enrolled, please remember that we are a "Nut-Free Zone". No peanut butter or nuts are allowed. Thank you!!