



HEALTHY SNACK LETTER

Dear Family,

In an effort to provide students with the healthiest environment we can, and to adhere to the new *Michigan Nutrition Standards*, we are encouraging you to provide only healthy snacks for school snacks, and classroom parties and celebrations.

Children need healthy snacks to help them grow and stay healthy. Snacking isn't bad for kids, but what they snack on is important. If you give your child healthy snacks now, he or she will learn to make healthy food choices in the future.

Please read the information on the other side of this letter to help you plan for and choose healthy snacks. We want your children (our students!) to be the healthiest they can be.

Some healthy snack foods:

- Cereal with milk
- Low-fat cheese melted on a whole-grain tortilla
- Fresh cut-up fruit with yogurt for dipping
- Graham crackers and low-fat milk
- Yogurt with whole grain cereal or fruit on top
- Baked tortilla chips and salsa
- Baked potato with cottage cheese or salsa
- Vegetables and low-fat dip
- Whole-grain crackers or toast with peanut butter or hummus
- Fruit salad
- Low-fat string cheese
- Yogurt smoothie (yogurt, ice, milk and any type of fruit)
- Popcorn and 100% juice
- Banana (cut in half for younger children)
- Apples, grapes, oranges cut into "smiles," or any kind of fruit
- Whole-grain muffins or bagels

Thank you very much for your support.

If you have any questions please contact me at:

PHONE: _____ or E-MAIL: _____

We are looking forward to making our school the healthiest it can be so our students can do their best work.

Have a healthy day!

Sincerely,

Signature

PRINCIPAL, Anywhere School

WHAT'S A HEALTHY SNACK? FOR PARENTS

Children need healthy snacks for energy, vitamins, minerals and other nutrients, and to help them grow, learn and be active. Healthy students are better able to pay attention in class and do their best school work.

The *Michigan Nutrition Standards* include recommendations for all food served at schools, including snacks that are served in the classroom, in the after-school snack program, as part of school sports or athletic practices, in school stores, at concession stands, and at school-wide events or celebrations.

Offering healthy snacks makes healthy the easy choice for kids. Follow these healthy snack suggestions that support and promote the *Michigan Nutrition Standards*.



PLANNING HEALTHY SNACKS

A good guideline to follow when choosing foods for healthy snacks is to choose foods and beverages that are low in fat and sugar and are minimally processed.

Snacks that are especially good for kids (and adults!) are fruits and vegetables, low-fat dairy products such as milk and yogurt, and whole-grain foods including whole-wheat tortillas, bread, and cereal. Lean meats, eggs, and nuts in small portions can be healthy snacks, too. Processed, less-healthy snack foods such as chips, sugary drinks, candy and cake are OK to eat once in awhile but should not be offered every day. These foods usually have a lot of extra and unnecessary fat, calories, salt and/or sugar.

A good way to create a healthy snack is to include two foods from two different MyPlate.gov food groups. The food groups are:



- protein—lean meats, legumes, tofu, and nuts
- low-fat dairy foods such as milk and yogurt
- fruits and 100% juice
- vegetables and 100% juice
- grains such as bread, cereal, crackers and popcorn

OTHER HEALTHY SNACK TIPS

Whether your child eats his or her snack at home or at school, or if you provide a snack for a classroom party or celebration, keep these things in mind:

- 1. Snacks should be kid-size.** Both children and adults don't need large portions.
- 2. Snacks should be colorful.** Kids eat with their eyes. Make snacks visually appealing.
- 3. Snacks should be healthy.** Offer fruits and vegetables as often as you can.
- 4. Drinks should be served in small portions, about ½ cup each.** Water is a healthy choice.

