

WMS Snack Guide

Congratulations! It is your child's week to provide healthy snacks for the class.

Here are some helpful tips to get you started:

- ✓ Please bring snack during Monday morning drop-off for the week.
- ✓ We eat snack 10 times per week --- morning snack and afternoon snack. You will need to provide enough fruit/vegetables and healthy snack for the entire week.
- ✓ If we are running low on snacks, we will let you know.
- ✓ We are chocolate-free.
- ✓ Involve your child when selecting the snacks.

We are often asked how much fruit/vegetables to provide. Here are approximate amounts that may help you...

For morning snack on ONE day, the following would feed the class:

- 3-4 apples or
- 4 bananas or
- 1 large bunch of grapes or
- 4 clementines or
- 1 large cucumber or
- 1/2 bag of baby carrots

Some healthy snack ideas are: Pretzels, popcorn, crackers, cereal, cheese sticks, yogurt tubes, Craisins, Homemade breads, muffins (please include ingredients)

I hope this helps! Please feel free to ask any other questions you may have.

Weekly Snack Planner

Fruit/Vegetable

Dry Snack

Monday

Tuesday

Wednesday

Thursday

Friday
