



## D34 Healthier Snack Policy

Dear Parents/Guardians,

Welcome to the 2023-2024 school year in District 34! We are very excited to help our students grow and learn this year. One important part of learning is making sure our bodies and minds are prepared and ready to learn. We know it is important to get lots of fresh air, exercise, sleep, and **healthy foods**. Below is a list of acceptable snacks.

### **Here are some examples:**

- Teddy Grahams
- Pretzels
- Mini Muffins (Peanut free)
- Cheez-It Crackers
- Goldfish Crackers
- Whole Grain Pop Tart
- Whole Grain Rice Krispie Treat
- Mini Rice Cakes (Peanut free)
- Animal Crackers
- Yogurt Cup, Tube or Squeeze Pouch
- Applesauce Cup or Squeeze Pouch
- Welch's or Mott's Fruit Snacks
- Fruit Cup or Squeeze Pouch
- String Cheese
- Cheese Cubes
- Raisins
- Craisins
- Fresh Fruit
- Fresh Veggies
- Fruit Smoothie