

Snack Guidelines for Parents

All children at P.H. Miller Elementary School are allowed to have one or two optional snacks per day as well as lunch. Families are responsible for sending in snacks for their children if they believe their child would benefit from eating a small snack during the day. Remember that snacks are not meals; consider portion sizes and content. Children should be able to open all packages/containers and eat snacks independently without the help of an adult. Children will not eat snacks together as a class; they will eat snacks in the classroom while doing independent work during guided reading and/or guided math.

There are several reasons for this:

1. It allows children to eat on their own schedule (not everyone is hungry at the same time).
2. It allows children to eat at their own pace.
3. It creates a different social dynamic within the classroom. Children often eat snack with classmates with whom they have otherwise little contact.
4. It fosters independence.
5. It fosters self-regulation and self-discipline.

Snacks should be pre-cut, prepared, and sent to school in disposable containers (e.g., Ziploc baggies) or reusable containers. If forks or spoons are needed to eat the snack, you can purchase plastic utensils that are disposable or you may send in silverware from home. Students are responsible for the care of their reusable containers/utensils. If you are concerned about these items getting misplaced at school, please send disposable containers/utensils for snacks.

Also, children must be able to open their own containers and use the utensils that are sent in with them. Please practice these skills with your child before sending snack items that may be difficult for your child to eat independently (e.g., kiwi with a spoon, spreading cream cheese on a bagel, opening/squeezing hummus out of a packet, etc.).

Children may bring a water bottle or thermos with water to drink with their snack. Other beverages are NOT allowed during snack time.

Please remind your child to eat his/her own snack. Children should NOT share snacks with their peers.

The following snacks are welcome at P.H. Miller Elementary School:

Numerous nutritional sources have recommended that “most”, “the bulk of” or “the majority of” school snacks should be fruits and vegetables. Though this is rather vague, it does suggest that you cannot go wrong bringing in fruit or vegetables.

Fruit (fresh and dried)

Fresh fruit is better than dried fruit (Dried fruit has the sugars more concentrated and tends to get stuck between the teeth where that sugar can do its maximum harm.)

- Apples—uncut, or if cut rubbed with lemon so they do not brown
- Bananas—leave peel on

Snack Guidelines for Parents

- Melons—cut into pieces cubed
- fresh or frozen berries
- kiwis—cut in half, eat with a spoon
- oranges—leave the peel on, cut into wedges
- grapes—please wash before bringing

Fresh Vegetables

The following are all great raw!

- Carrots—smaller size or cut into bite size pieces
- Celery—cleaned and ends cut off; can also be cut into smaller sections
- Cucumber—sliced, with or without the peel
- Broccoli—cut into bite size pieces
- Snap peas
- Green peppers—cut into sections

Proteins (these food items tend to help students feel full longer)

- Cheese (especially low fat)
- Pre-cooked meats

Crackers (especially whole grain).

Most crackers, pretzels, etc. are made with highly processed grains from which most of the nutrients have been taken out.

- Rice cakes (especially those made with brown rice)
- Granola bars (watch for peanut allergy alerts!)
- Bagels (especially whole wheat)
- Muffins—especially muffins low in sugar
- Pita Pockets

Trail mix—if it does not have M&Ms, chocolate chips or other candy in it.

Due to the number of students with food allergies, the following snacks are NOT allowed in classrooms at P.H. Miller:

- Anything containing peanuts or peanut butter (including granola bars; please read the labels)
- Milk, yogurt, or eggs (save these items for lunch)
- Candy of any kind
- Chips of any kind

Students will not be allowed to eat snacks that are prohibited so please be sure to send your child with an approved healthy snack each day.