

POWER SNACK



Dear Parents,

Studies have shown that when students eat a good breakfast in the morning, they do better in school. We realize that some students have difficulty eating a good breakfast due to lack of time or lack of hunger early in the morning. Even those who do eat breakfast are eating early (around 6:30 or 7:00 a.m.) and we don't eat lunch until noon. That's a long time to go without anything to eat! So we would like to try having a short power snack in the morning. In order to make it fair for all students, we would like to ask parents to take a turn sending in a snack for the whole class. With 20 students in the class, this responsibility would come about once a month. The snacks would have to be low-fat, healthy, foods that can be eaten quickly and without much mess. No cakes, cookies, or brownies, please! In class we brainstormed a list of possible snacks. If you would like to participate, please check off which snacks you would be willing to send. Then each week we will send home a reminder slip with 5 students asking their parents to send in a certain snack from their list on a certain day of the week. Thanks for helping us provide a power snack!

____ No, I will not be able to send in a Power Snack for the class once a month.

____ Yes, I will be able to send in a Power Snack once a month. (Please check off the snacks below that you feel you could contribute.)

Student Name _____ Parent Signature _____

I would be willing to contribute the items checked below:

- | | | |
|--|--|--|
| <input type="checkbox"/> apples | <input type="checkbox"/> cheese (cubes, sticks, or slices) | <input type="checkbox"/> grapes |
| <input type="checkbox"/> carrot sticks | <input type="checkbox"/> small boxes of raisins | <input type="checkbox"/> pretzels |
| <input type="checkbox"/> peanuts | <input type="checkbox"/> juice boxes | <input type="checkbox"/> graham crackers |
| <input type="checkbox"/> low-fat popcorn | <input type="checkbox"/> dry cereal like | <input type="checkbox"/> dried fruit |
| <input type="checkbox"/> low-fat chips | <input type="checkbox"/> Cheerios (not too sweet!) | <input type="checkbox"/> Other: |
| <input type="checkbox"/> oyster crackers | | |
| <input type="checkbox"/> cheese crackers | | |