



Considerations for School Snacks & Celebratory Treats



Fueling the student body allows us to also fuel the brain and provide optimal learning conditions; therefore, snacks, especially in the lower grades, are essential to the learning process. Additionally, there are many celebrations throughout the school year in which treats will be brought to school to be shared with classmates. Please take into consideration the following guidelines when preparing snacks or treats for your student.

Put yourself into the teacher's shoes! ☺

- 1.) They must distribute and clean up snacks for 20-25 students in a minimal amount of time and in an orderly fashion.
- 2.) Their primary goal is to instruct the students in the prescribed curriculum, they need to protest as much instructional time as possible.
- 3.) They are left with the effects of the snacks in 20-25 students!



Please consider the following:

- 1.) Snacks should come to school prepared for distribution, i.e. cut, individually wrapped or individually portioned. The teachers are there to celebrate along with your child, but not play the role of host!
- 2.) We do have students in our school with **peanut and tree nut allergies!** This is a life and death situation. It is often difficult to find snacks that comply with our peanut-free policy, but we greatly appreciate your compliance and persistence so that those students may enjoy the snacks without fear of reactions.
- 3.) Time of day for the snack, i.e. morning snacks may want to be lighter on sugar to avoid upset stomachs.
- 4.) Storage of the snack until they are served – freezer & refrigerator space is very limited at school! Double-check with the classroom teachers about storing snacks until they're served.
- 5.) Some snacks are difficult to get into. That means the teacher will have to open up 20-25 individual snacks and that takes a while to get from the first to the last, especially for the little ones.
- 6.) Classroom teachers do not have unlimited supplies of paper/plastic goods – if your snack requires a serving cup, spoon, etc. be sure to send it along.
- 7.) What looks good at 7:30 a.m. may have a different appearance by 2:00 p.m. We love fresh fruits, but the oxidation effects on cut fruit by the afternoon changes that plan depending on when they'll be served.
- 8.) You are welcome to come and help with snack distribution if your child insists on the "ice cream cake" or "root beer floats" – please make the prior arrangements with the classroom teacher. Also keep in mind that teachers will not be able to cut 20+ slices of ice cream cake while they should be supervising and attending to their students!
- 9.) Drinks are absolutely NOT mandatory to go along with a snack. That is entirely up to you as the parents.
- 10.) Snacks high in sugar/caffeine act as a stimulant. You may see this effect in your own child, but take that and multiply it by 20+ in one room with one or two adults whose goal is to maintain order and instruct the students. Also, keep in mind that this stimulant has different effects on different students and to different degrees.
- 11.) While snacks/treats are a fun part of the school day, they also play an important role in nourishing the students and preparing them to learn. We are grateful for your willingness to help us in that aspect!

Thank you.. thank you.. thank you! ☺

