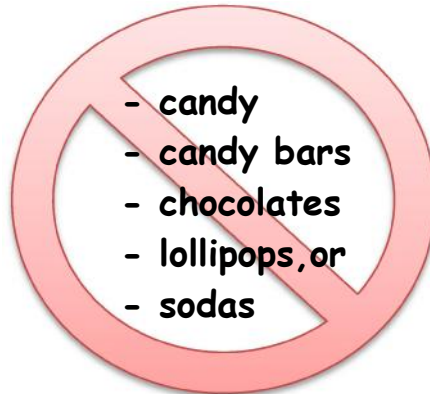




## Healthy Food & Drink Choices in School

For children to be at their best, to be productive and attentive during the school day, they need nutrients from **healthy, well-balanced** food items. Many studies have shown that sweets or snacks full of sugar result in children not being able to pay attention in class or being unable to sit quietly.

In an effort to best support our students, please refrain from sending students to school with:



### **Instead, let's encourage healthy snack choices like:**

- ) Fresh fruit
- ) Cheese sticks
- ) Fresh vegetables: carrots, celery sticks, sliced peppers.
- ) Homemade salads
- ) Whole grain rolls, wraps or sandwiches
- ) Yogurt
- ) Fruit bread or muffins (banana, cranberry, zucchini)
- ) Granola bars



*Thank you! From the desk of...  
ISL School Nurse*