



WELLNESS PROGRAM AT MOTHER CATHERINE ACADEMY

Dear Parents,

Please provide a healthy snack and a small bottle of water for your child each day. We would like all the children to participate if they wish. The goal is to make sure our children keep their energy level up and to stay hydrated during the school day. If your child does not want to bring a snack, they are not required.

- ❖ Fresh fruit, apple slices, orange slices, banana, grapes
- ❖ Dried fruit, with no nuts
- ❖ Raw vegetables, carrots, celery
- ❖ Baked chips
- ❖ Crackers
- ❖ Pretzels
- ❖ Rice cakes
- ❖ Dry cereal
- ❖ Graham crackers
- ❖ Animal crackers
- ❖ Granola bars, with no nuts
- ❖ Cereal bars
- ❖ Pop Tarts
- ❖ Cheese/string cheese/crackers

- ❖ **NO chocolate, candy, peanut butter, nuts**
- ❖ **NO moist or liquid type snacks (yogurt, applesauce, pudding, etc.)**