

## **Camanche Community School District**

### **Healthy Snacking = Healthy Kids**

The Healthy Kids' Act was created to improve the health of our children by creating a healthier environment in our schools. To assist with creating this healthier environment at Camanche Schools, we ask for your cooperation in seeing that all treats and/or snacks offered at school meet the Healthy Kids' Act requirements and are individually wrapped. Below is a list of examples of snacks approved for our school. To prevent possible allergic reactions, please send treats and snacks purchased at a store and have an ingredient label on the package stating the content of the food.

#### Classroom Treat/Snack List:

Apples (whole apples and individually wrapped)  
Grapes (as bought from the store)  
Bananas (whole)  
Goldfish Crackers  
Baked Chips  
Crackers, REDUCED FAT  
Cheez-its (mixture – all varieties)  
Chex Mix – Chocolate, Caramel, Simply Chex or Cheddar (>140 Calories)  
Dried Fruit (all varieties)  
Fruit Bars  
Hunts FF Vanilla Pudding Cup  
Hunts FF Chocolate Pudding Cup  
Keebler Elf Grahams (regular or cinnamon)  
Popcorn  
Pretzels  
Nabisco 100 Calorie Snacks  
Quaker Rice Snack Chocolate  
Quaker Rice Snack Caramel  
Rice Krispie Treats (needs to be individually wrapped)  
String Cheese  
Teddy Grahams  
Yogurt  
100% Fruit Juice (must be in individual boxes)  
Bottled Water

If there is an item not listed that you would like the District to consider as an acceptable snack idea, please contact Lori Christopherson at 259-3036.

Need help with treats? Not a problem, order your son or daughter's birthday treat through the school (see back for details).