

# Start thinking: SNACKS!

## Nutrition nutrition nutrition!

MHLT Elementary School is committed to providing the best education possible for its students, and nutrition is a vital part of this commitment. And we need the help of our parents! The Center for Disease Control has published research showing that good nutrition is directly linked to the academic process. So as you think about which snacks you'll send with your kids this year, factor in the nutritional value of each snack!



### Worried about cost?

A bunch of bananas or bag of baby carrots costs just a couple of dollars – much less than several boxes of sugary treats for an entire class of kids. And remember – a snack serves as a boost, not an entire meal. You don't have to provide a feast!

### Some great ideas -

- Fresh fruit (prepared & ready to eat!)
- Fresh veggies (prepared & ready to eat!)
- Cheese or yogurt
- Nuts (unless there's an allergy)
- Unsweetened applesauce
- Whole-grain, unsweetened crackers
- Whole-grain, unsweetened pretzels
- Whole-grain, unsweetened cereal
- ½ whole-wheat bagel or 1 mini bagel
- Dips to go with fruits & veggies - hummus, peanut butter, ranch, cream cheese

...and the list goes on & on!

### Affordable & Nutritious!



20 oz. container is \$2.18



Bag of 10 apples, ½ an apple for each child, approx..\$3.50

### More expensive & full of sugar!



Box of 6, \$2/box  
\$6.00 for 18 kids

VS.



Box of 6, \$2.18  
\$6.54 for 18 kids

*Help teach our children to make a smarter choice!*

~~cookies  
cupcakes  
doughnuts  
fruit snacks  
sweetened granola bars  
pop tarts  
brownies  
chips  
sugar cereal~~

# TOO BUSY TO THINK ABOUT WHAT TO SEND FOR SNACK?

## We're hoping this might help!

(prices based on Wal-Mart prices and are approximate, as grocery costs are always changing)



\$3.88/box  
for 18 kids



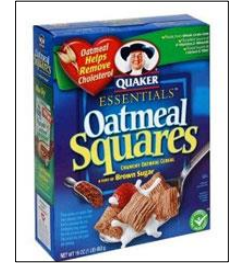
\$0.59/lb, a few  
bunches costs  
between \$2-\$4



\$2.78/box  
for 18 kids



\$2.50/box of 8 tubes  
approx. \$6 to serve  
18 kids



approx. \$4/box  
for 18 kids



\$2.98/box  
for 18 kids



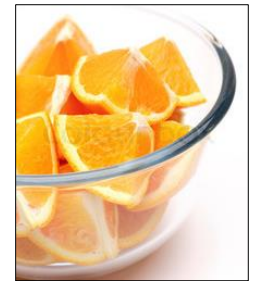
\$2.47/box of 8  
approx. \$5.50 for  
18 kids, plus dipping  
item to go with it



approx. \$3 for large  
bag of baby carrots  
\$2.92 for 24 oz.  
ranch



\$5.98/container  
for 18 kids



approx. \$5/bag of  
10 oranges, cut into  
sections for 18 kids  
(varies with season)



\$6.69 for 24-pack



\$2.18/pack of 6  
\$6.54 for 18 kids



around \$2.00/lb, a  
few bunches costs  
between \$4-\$6



\$3.68/box  
for 18 kids



\$1.48/bag  
for 18 kids



\$3.49/box with 12  
servings, approx.  
\$5.50 for 18 kids



\$2.36/4 cups,  
approx. \$10.62 to  
serve 18 kids



\$2.50/box  
for 18 kids



\$3.98/box  
for 18 kids



cantaloupe are  
usually \$2-\$3 a  
piece, and so \$4-\$6  
to serve 18 kids