



GRACE Wellness Committee

Recommended Foods for Daily Classroom Snacks and Celebrations and Recommended Ideas for Birthday Celebrations

Please Note

- The foods list below is not an allergy-free list. As needed for specific allergens, students and families are to work with their classroom teacher.
- Certain snacks mentioned below, may require refrigeration. If choosing to bring a snack that requires refrigeration, students and families are to work with their classroom teacher for storage or are to pack in an individualized lunch box/bag with ice pack(s).
- Students and families are to obtain prior approval and coordinate all snack and celebration times, along with birthday activities, with their classroom teacher.

Recommended Foods List for Daily Classroom Snacks and Celebrations

- Yogurt/Non-Dairy Yogurt
- Fresh Fruit (Ex. - Apples, Bananas, Watermelon, Oranges, Strawberries, Blueberries, etc)
- Applesauce (unsweetened)
- Dried Fruit (Raisins, Craisins, Mango, Pineapple, etc.)
- 100% Fruit Juice Fruit Snacks or Fruit Leathers
- Raw Vegetables (plain) - (Ex. - Carrots, Celery, Cauliflower, Broccoli, Cucumbers, etc.)
- Raw Vegetables (paired with a dip option below):
 - Vegetable Dill Dip - Ex.- Baby Carrots and Vegetable Dill Dip
 - Hummus - Ex. - Carrot Sticks and/or Celery Sticks with Hummus
 - Guacamole- Ex. - Pepper Strips (Red, Green, Yellow and/or Orange) with Guacamole
- Dried Vegetable Crisps (Ex. - Green Pea Crisps)
- Vegetable Chips - (Ex. - Kale Chips, Sweet Potato Chips, etc.)
- String Cheese or Other Cheese Slices/Cheese Cubes
- Hard Boiled Egg(s)
- Cottage Cheese
- Chicken, Turkey, or Beef Jerky, Sticks, and/or Bites
- Nuts & Seeds - (Only in non- allergy classrooms)
- Trail Mix - (Only in Non-allergy classrooms)
- Granola Bars - Whole or Multi-Grain, Low Sugar
- Nut & Seed Bars - (Only in non-allergy classrooms)
- Fruit/Meal/Health Bars - (Only in non-allergy classrooms)
- Oyster Crackers and/or Saltine Crackers
- Whole Grain Crackers (Ex. of Whole Grain Cracker Brands: Triscuit, Kashi, Wheat Thins, Annie's)
- Multi-Grain Crackers (Ex. of Multi-Grain Cracker Brands: Keebler, Breton, Ritz, Cheez-It's)
- Pretzels
- Popcorn
- Rice Cakes
- Whole Grain Corn Chips (with or without Salsa)
- Whole Wheat Toast (plain or choice to add avocado, jam, etc.)

- Dry Breakfast Cereal - Whole Grain and Low Sugar - (Ex - Cheerios, Kix, Chex (Rice, Corn, Wheat), Corn Flakes, Crispix, Rice Krispies, Life, Mini Wheats, etc.)

Recommended Ideas for Birthday Celebrations

- Birthday Blessing at Mass
- Special Morning Announcements
- No Uniform Today (NUT) Pass
- Show and Tell - One day per month honoring those who have a birthday in that month (Elementary Students)
- Special Art Project - One day per month honoring those who have a birthday in that month (Elementary Students)
- Favorite Book Selection - Read a teacher-approved, favorite book in classroom on day of birthday (Elementary Students)
- Classroom Coupon - Redeemable for something fun in the classroom (Extra Art Time, Playing A Board Game, Riddles/Puzzles)
- Extra Recess Time - For birthday child and a selected friend on day of birthday or one day per month honoring those who have a birthday in that month
- Teacher-Approved No Homework Pass
- Talent Sharing - Student to share a talent of theirs with the class
- Bring a parent, sibling, or special guest to lunch or recess
- Bring a parent, sibling, or special guest to class to read a story or share a special talent/skill
- Priest Visits - In the classroom or at recess
- Trivia Word Games - Stump the priest or stump the teacher
- YouTube Video - Watch a short, teacher-approved video in the classroom on day of birthday
- Favorite Song - Play a short, teacher-approved song in the classroom on day of birthday