



Snack Program Form

Dear Parents/Guardians,

Healthy snacks are an important part of keeping kids healthy and ready to learn. Well-nourished students are better able to concentrate, remember and apply the things they learn, and are more likely to show positive social behaviours. Children use up energy quickly and need to eat frequently throughout the day.

Armadale Public School will continue to offer its snack program. Participating students will be provided with a nutritious snack at morning recess every day. Our nutrition program will follow Canada's Food Guide for Healthy Eating.

We recognize that our school community is comprised of many different cultures. We will strive to accommodate all of our students' dietary needs to ensure that everyone can be included in our nutrition program. **Each snack will include a fruit or a vegetable, a serving of grain, as well as a serving of dairy or protein alternative** (a one-week sample menu is below). Snacks will be varied and will rotate on a weekly basis. These snacks will be *gelatin and rennet free*.

Funds raised from this will go to support healthy school initiatives at the school.

Due to the nature of the program it is very important that forms be returned no later than **October 28th, 2015**.

No late orders will be accepted!

If you are interested in signing your child up for the nutrition program, please fill out the sheet below and return by Wednesday October 28th, 2015.

- I would like to contribute for the month of November (\$10) **(Please Note no change will be given)**
- I would like to contribute for the remainder of the year (\$80)

Student's full name: _____

Teacher/Grade: _____

Sample Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Fruit/ Vegetable	Cucumber Slices	Orange	Cantaloupe pieces	Grapes	Apple Sauce
Grain	Naan Bread Crackers	Granola bar	Cheerios	Croissant	Arrowroot Cookies
Dairy/ Alternative	Hummus	Cheese String	Yogurt Tube	Cheese Slices	Yogurt