



# Nutrition Break Information

AKA: Snack Time



Children need healthy food for the best opportunity for learning and growth. Good nutrition supports good behavior and academic development. To provide the best possible learning environment for our students, we have developed a Healthy Nutritional Break program in partnership with the Aitkin School District Wellness Committee and the State Health Improvement Program.

## Let's Provide Healthy Snacks!

On **Tuesday and Thursday**, healthy snacks will be provided at school. We will be getting fresh produce from Great River Gardens, and healthy snacks and ingredients from Paulbeck's County Market. In order to supply these healthy snacks for the year, we are asking parents to provide a donation of \$5.00 each month, or \$40.00 for the year. This can be written out to ISD#1, with "K-1 Snack" written in the memo.

On **Monday, Wednesday, and Friday**, we are asking that you send a healthy nutrition break with your child. We will provide you with a snack container for your convenience and a healthy snack ideas list to make it easy and convenient for you to brainstorm healthy snack options with your child.



If you have any questions, please feel free to contact us. We are very excited about working with you and your child this year.

Sincerely,

The Kindergarten Staff  
The 1<sup>st</sup> Grade Staff

