



DURAND-ARKANSAW SCHOOL DISTRICT

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Dear Families,

Happy New Year! We hope that your winter break was filled with fun and relaxation. A new year often brings resolutions to spend more time with family, be more active, and learn a new hobby – just to name a few. A common New Year's resolution is to eat healthier. As we think about these new goals and habits, we wanted to take this opportunity to remind families of healthy snack options for elementary aged students. Many of these snack ideas take little to no preparation from parents or teachers.

Often times we think of fresh and healthy foods as being expensive, but this isn't always the case. Healthy foods can be just as economical as others. For example, purchasing a bag of baby carrots for your child's class would cost approximately \$2.65 while a ten ounce box of animal crackers would cost approximately \$3.00. One pound of bananas would cost \$0.59 while a 14 ounce package of sandwich cookies costs around \$3.40.

A list of healthy snack choices is included on the reverse side of this letter. We hope you gain a few new ideas to send into your child's class!

Thanks,

The Durand-Arkansaw School District Wellness Committee

Junior / Senior High School

Bill Clouse, Principal

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Caddie Woodlawn Elementary School

Erika Johnson, Principal

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Snack Ideas

When it's your child's turn to bring a snack to school, save time by picking foods from our list of recommended healthy snacks. These snacks provide nutrition, support lifelong healthy eating habits, and help to prevent health and wellness diseases or conditions.

Please check with your child's teacher about allergies before sending snacks for the class.

Fruits and Vegetables:

Try fresh/precut, dried, canned, or ready to eat fruit.

Please wash fresh produce.

Clementines
Small apples
Bananas
Pears
Watermelon slices
Grapes
Strawberries
Blueberries
Raspberries
Pineapples
Honeydew
Cantaloupe
Cherries
Peaches
Plums
Baby carrots
Sliced cucumbers
Sliced bell peppers
Sugar snap peas
Cherry tomatoes
Celery
Edamame
Cauliflower
Broccoli
Low or no added sugar applesauce cups or squeeze packs
Fruit cups packed in juice or water
Unsweetened raisins
Unsweetened dried cranberries
Low or no added sugar fruit strips/leather

Dairy, Grains, Nuts, and Seeds:

String cheese
Babybel cheese
Cheese cubes
Yogurt cups/squeeze packs
Pumpkin seeds
Hard boiled eggs
Nuts/trail mix
Peanut butter and whole wheat crackers (check for peanut allergy)
Hummus and crackers (also a great dip for fresh veggies)
Triscuits
Air popped popcorn
Tortilla roll-ups (whole wheat tortillas filled with hummus, veggies, deli meat, etc.)
Mini whole grain bagels
Rice cakes topped with peanut or almond butter
Wheat Thin crackers
Nut-Thins crackers many varieties
Whole grain pretzels
Whole grain crunchy granola bars

