



# DURAND-ARKANSAW SCHOOL DISTRICT

604 7<sup>th</sup> Avenue East PO Box 190 Durand, Wisconsin 54736

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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**  
604 7<sup>th</sup> Avenue East  
Durand, WI 54736  
(715) 672-8917

**Caddie Woodlawn Elementary School**  
**Erika Johnson, Principal**  
650 Auth Street  
Durand, WI 54736  
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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

