[](http://www.mvmabq.com/)

**We are a Peanut-Free School**

***“Food impacts how well a child’s brain works, effecting their moods and abilities. In a child’s brain, junk food can cause neurotransmitters, which pass along information, to function improperly. Smart food, however, allows information to be processed correctly and help the child function at their optimal level”***

*-Dr. Sears, one of America’s most renowned pediatricians and author of over 40 books*

LETS HELP OUR CHILDREN DO THEIR BEST AT SCHOOL BY

SENDING IN SMART “REAL FOOD” PEANUT-FREE SNACKS & LUNCH

*Real food* ***is****:*

* 100% whole grain
* Made with very little (or no) refined sweeteners like white sugar or corn syrup
* Fresh fruits and vegetables, dairy products, seeds, dried fruit, humanely raised animal products.
* More a product of nature than a product of industry

Real food **is not**:

* “low fat” or “low carb”, or “ low calorie” products (in most cases)
* Made with artificial sweeteners like Splenda
* Deep fried in refined oil
* 100-calorie packs made with refined grains like white flour (labeled as wheat four)
* Something out of a package containing ingredients you cannot pronounce
* Highly processed food that is labeled as organic

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**School Snack Suggestions**

**Fruits & Veggies Dry Foods**

Orange/Apple Slices Vanilla Wafers

Blueberries, Blackberries, Raspberries Pretzels

Bananas Corn Chips & Salsa

Fresh Fruit Salad Pita chips

Veggie Tray Trail mix

Sliced apples or applesauce Cereal

Strawberries Bagels

Carrots/Celery Graham Crackers

Watermelon Muffins or special breads

Peaches Pinwheels

Cantaloupe Loaf of Bread & Jelly

Cucumbers

**Dairy/Sides Drinks**

Quesadillas Water

Yogurt Squeezers Milk

String/Cube Cheese 100% Apple juice

Cashew/Almond butter 100% Orange juice

Jelly Preserves 100% Mixed juice

Cream Cheese 100% Cranberry juice

*Thank you for choosing a healthy snack diet for your child!*