



Dear Cedar Hills Parents,

Due to the fact that many of the students eat an early breakfast and we have multiple lunch times, we have decided to implement a brain break/snack break time every day between breakfast and lunch for each of our k-6th grade classes. We are asking that you please provide a **HEALTHY** snack everyday for them to eat during this time. This will help keep their brains and bodies working at their best!

Our snack time should take no longer than 15 minutes and will be eaten in their classrooms so please keep that in mind when planning your snacks. Please also plan for snacks that have minimal clean-up. We do have some students at our school that are allergic to nuts (peanuts especially) so please do not send anything with peanuts. If by chance you cannot provide a snack on any given day, our student council will have their snack machine filled with **HEALTHY** snack options. The prices on those range from \$0.75 to \$1.00 and will be available to for purchase at the beginning of each school day during meal times.

Some **HEALTHY** snack ideas that the students seem to enjoy include: crackers, pretzels, granola bars, fruit leather, cereal, chips, string cheese, raisins, any whole fruit, etc. It would be greatly appreciated if you would **AVOID** sending candy, cakes, cookies, or anything that would need to be cut up.

We appreciate you and thank you in advance for your support and cooperation. The students rumbling tummies thank you as well!

If you have any questions, comments, or concerns please feel free to reach out to us at the school at (928) 692-0013 or via email at acherry@hesd.net and we will do our best to help you in any way we can.

Thank you again for your cooperation,

-Alyse Cherry

Cedar Hills Elementary School Food Service Director