

Miss Garcia's Class Food and Drink Guidelines

- Please send your child to school with a water bottle with their name on it.
- Students can bring a snack to class to eat during the school day. Instead of a set "snack time", students can eat their snack when they are hungry. However, there will be certain situations (such as when we use laptops or tablets) where eating snacks will not be permitted.
- Encourage your child to make healthy snack choices. **As the parent, you know what are the best snack choices for your child.**
- For safety reasons, students are not allowed to share their snacks with others at any time.
- We will be a **nut free** classroom this year, so **students are not allowed to bring nuts as snacks.**
- Snacks should also be "distraction-free" – eating a snack should not be noisy or interfere with classroom learning.
- Snacks should not be messy. Foods that create messy fingers or desks, such as Taquis or Hot Cheetos are not allowed.
- A snack in class isn't a substitute for lunch time – meals need to be eaten in the cafeteria.
- Students **may** bring in birthday treats to be handed out at the end of the school day. **Please make sure treats do not have nuts as an ingredient.**