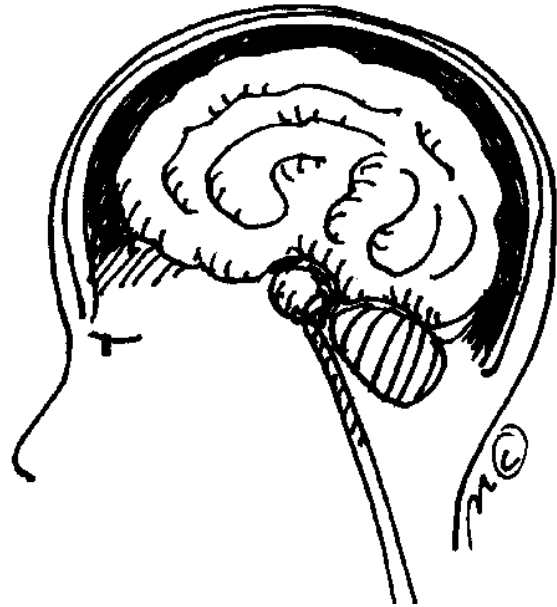


# Brain Boosting Snacks

Each day, time will be set aside for a healthy snack.

Following are some suggestions according to Eric Jensen, a leading researcher in brain-based learning.



- ✓ Eat a healthy breakfast. Fruits and proteins should be eaten early in the day, starches and meats later.
- ✓ Snacks that are best for the brain include: eggs, nuts, green, leafy vegetables, apples, bananas, and lean meats. Also, protein snacks such as peanut butter on celery or cheese and crackers are considered brain friendly.
- ✓ Drink plenty of water. Send a water bottle to school daily.

Please stay away from sugary or salty snacks such as candy, cookies, chips, fruit snacks, or anything dipped in chocolate. Children will be asked to find a more suitable snack in their lunch boxes and take the unacceptable snack home.

Remember, we would appreciate a 24 hour notice before any birthday treats are sent to school. Treats must be store bought. While treats are certainly yummy, some students have celebrated their birthday by donating a favorite book to the classroom or passed out pencils or fun erasers as a fun birthday surprise.

Please remember to send a spoon or fork when necessary for eating a snack.