

Happy New Year! Welcome 2011!

As most of you are aware, the North Hills School District has implemented a healthy snack initiative. We at Hiland Preschool feel that we should follow suit and make healthy snacks part of the preschool day. We aren't going to refuse an "unhealthy" snack but we are encouraging our families to choose healthier options to bring in and save the cookies, cupcakes and sugary snacks for special days like birthdays and parties.

Some examples of healthy snacks are:

Fresh fruit (ie: apple slices, grapes, orange segments, berries, etc.)

Dried fruit (ie: raisins, cranberries, cherries, etc.)

Fresh vegetables (ie: carrots, celery, cucumbers, peppers, etc.)

*these can be served with hummus or ranch dip

String cheese

Whole grain crackers

Popcorn or hull-less popcorn

Baked tortilla or potato chips

Granola Bars/Cereal Bars

Jell-o Jigglers

Whole grain pretzels

Trail Mix (made with whole grain cereals, dried fruit, etc.)

Healthy Drinks:

Milk

Water

100% Juice

Low sugar juices