

Healthy Snacking at BEMS

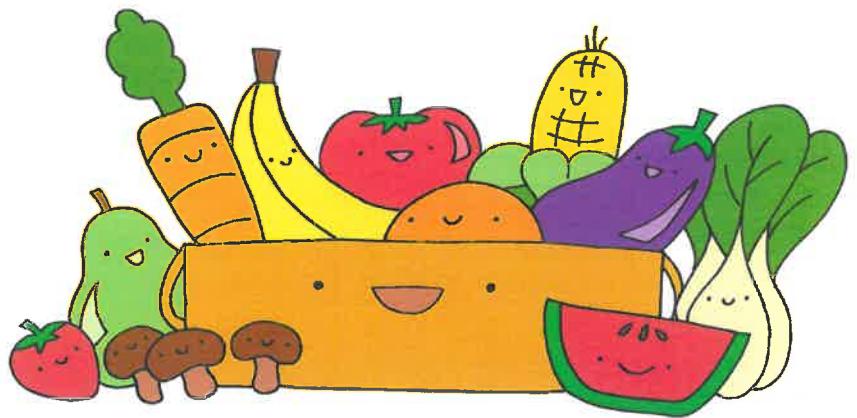
Healthy snacks during the school day will be permitted in classes at the discretion of each teacher. The only approved beverage for students during the school day is water. Foods deemed unhealthy by the teaching staff will only be permitted during lunch in the cafeteria. Each day the school supplies fresh fruit and/or veggies for a snack.

Approved Healthy Snacks:

- Any fresh or dried fruit (apples, oranges, bananas, grapes, pears, plums, clementines, strawberries, melons, berries, raisins, craisins, etc.)
- Fresh Vegetables (carrots, celery, tomatoes, cucumber, broccoli, pepper, etc.)
- Yogurt
- Cheese (string or other)
- Crackers (teddy grahams, wheat thins, saltines, cheese its, animal crackers, etc.)
- Pretzels
- Pre-popped popcorn
- Rice cakes
- Veggie sticks

Non-Approved Snacks:

- Sweets
- Candy
- Fruit Gummies
- Chips
- Poptarts



****PLEASE REMEMBER THAT BEMS IS A NUT FREE SCHOOL. FOOD THAT COMES FROM HOME SHOULD NOT CONTAIN NUTS OF ANY KIND****