

Harbor's Healthy Hawks

At Harbor this year, we will be working on awareness of good nutrition and bringing in healthy snacks to school to eat at snack time. Studies show that students with good nutrition have better attention spans, better class participation, maintain a healthy weight and have fewer absences in school. Our focus is to eat healthy snacks at snack time and any dessert brought to school can be eaten at lunch. Here is a list of healthy snack options we recommend your child to bring to school..

1. Fresh fruits: Apples, Bananas, Oranges, Cherries, Blueberries, Strawberries, Cantaloupe, Tangerines, Mangos, any fruit in season.
2. Unsweetened fruit cups or applesauce.
3. Dried fruit with no added sugar
4. Fruit salad
5. 100% Natural fruit leathers
6. Fresh veggies with a dressing, or humus.
7. Whole-grain breakfast cereal with or without milk.
8. Whole-grain crackers with lunchmeat.
9. Popcorn
10. Whole grain low sugar granola bars.
11. Cheese sticks
12. Yogurt
13. Sunny butter and a few organic raisins on celery sticks (ants on a log)

Thank you in advance for taking the first steps in creating Harbor's new healthy environment.