

Week (One day during the week)	Letter	Healthy Snack Volunteer
Aug. 24 – Aug. 28	A	<u>Olivia's family</u>
Aug. 31 - Sept. 4	B	<u>Charles's family</u>
Sept. 8 - Sept. 11	C	<u>Ayhan's family</u>
Sept. 14 - Sept. 18	D	<u>Sofia's family</u>
Sept. 21 – Sept. 25	E	<u>Mrs. McCoy will provide the snack</u>
Sept. 28 - Oct. 2	F	<u>Noah's family</u>
Oct. 5 - Oct. 9	G	<u>Cooper's family</u>
Oct. 13 - Oct. 16	H	<u>Alex's family</u>
Oct. 19 - Oct. 22	I	
Oct. 26 - Oct. 30	J	<u>Colin's family</u>
Nov. 2 - Nov. 6	K	<u>Ashley's family</u>
Nov. 9 - Nov. 13	L	<u>Lilian's family</u>
Nov. 16 - Nov. 20	M	<u>Michael's family</u>
Nov. 30 - Dec. 4	N	<u>Jace's family</u>
Dec. 7 - Dec. 11	O	<u>Alex's family</u>
Dec. 14 - Dec. 18	P	<u>Isabella's family</u>
Jan. 5 - Jan. 8	Q	
Jan. 11 - Jan. 15	R	<u>Hannah's family</u>
Jan. 19 - Jan. 22	S	<u>Jazmyne's family</u>
Jan. 25 – Jan. 29	T	<u>Carter's family</u>
Feb. 1 - Feb. 5	U	<u>Colin's family</u>
Feb. 8 - Feb. 12	V	<u>Sean's family</u>
Feb. 16 - Feb. 19	W	<u>Bianca's family</u>
Feb. 22 - Feb. 26	X	<u>Xavier's family</u>
March 1 – March 5	Y	<u>Sofia's family</u>
March 8 - March 12	Z	

## HEALTHY SNACK IDEAS THAT RELATE TO EACH LETTER OF THE WEEK

(Let me know if you think of other ideas so I can add them to the list!)

A –Apples, applesauce, apricots

B –Bananas, broccoli, berries

C –Crackers, cheese, carrots, cottage cheese, Cheerios cereal, celery, cherries, cherry juice

D –Dairy, dates

E –Eggs

F –Fruit snacks, fruit, fruit juice

G –Goldfish, graham crackers, grape juice, grapes

H –Honeydew, honey, ham

I –Ice, Iceberg lettuce

J –Jelly sandwiches

K –Kix cereal, kiwi

L –Lemonade, lemons, limes

M –Milk, meat

N –Nectarines, nuts, noodles

O –Oranges, orange juice

P –Popcorn, pretzels **NO PEANUTS!**

Q –Quince jam

R –Raspberries, rice, raisins

S –Strawberries, sesame seeds, sesame seed sticks

T –Tangerines, tomatoes

U –

V –Vegetables

W –Watermelon, wheat bread, wheat crackers, Wheaties cereal

X –

Y –Yogurt

Z –Zucchini, zucchini bread