**Extra Credit!**

**Healthy Snacks**

Want extra credit? All you have to do is eat! This extra credit assignment is based on eating healthier snacks. From October 6 through October 31, you will have the opportunity to earn up to 10 points for your grade. You will be able to choose which category you would like to add your points to for your grade. Here are the rules:

1- All snacks must be healthy! (A list of acceptable snacks will follow.)

2- You must keep a weekly log of your healthy snacks. YOU are responsible for your logs! (These logs will be provided for you.)

3- One snack per day; points can only be earned during school hours.

4- You must show a teacher your snack and have him/her print their name and initials on your log. (This is the only way to earn points- no name/initials, no points!) *You must have the teacher’s permission to eat in class, unless it is lunch time.*

5- For every 2 days of healthy snacks logged, 1 point will be earned. By October 31st, you may have earned up to 10 points.

**Examples of Acceptable Snacks**

ANY fruit

ANY veggies

Apple or Celery and Peanut Butter

Granola bars (ex: Nature Valley, Fiber One, Special K, Quaker Oats)

Pretzels- unflavored (snack-sized bags or packaged from home in little sandwich baggies)

Popcorn- low fat (100 calorie bags *or* packaged from home in little sandwich baggies)

Crackers/Triscuits (snack-sized bag)

Certain cereals (check with Mrs. Dennis first!)

***\*If unsure, just ask Mrs. Dennis- she reserves the right to determine whether a snack is healthy or not!***

**Examples of *Unacceptable* Snacks**

Absolutely NO cookies, chocolate, potato chips, candy (even if it is sugar free or low fat)