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RATIONALE FOR MORNING SNACKS

We at Divine Redeemer Lutheran School seek always to educate children in the best possible environment. This includes healthy habits regarding food consumption. In the past, some students went 4 -5 hours or more without food because of the timing of lunch periods.

The following excerpt from *How the Brain Learns* (2nd edition 2001) by David A. Sousa defines what the brain needs to function properly in a school setting.

Brain cells consume oxygen and glucose (a form of sugar) for fuel. The more challenging the brain's task, the more fuel it consumes. Therefore, it is important to have adequate amounts of these fuels present in the brain for optimum functioning. Low amounts of oxygen and glucose in the blood can produce lethargy and sleepiness. Eating a moderate portion of food containing glucose (fruits are an excellent source) can boost the performance and accuracy of working memory, attention, and motor function. [Korol and Gold (1998); Scholey, Moss, Neave, and Wesnes (1999).]

Other studies on "brain fuel" have been conducted with the same conclusions. Students will not be able to give their full attention to learning if they are in need of glucose. In order to ensure that students are getting the "brain fuel" they need, the following parameters have been developed.

Morning snack foods must be selected from the following list:

- Fresh fruit (no canned fruit due to high sugar content of many of the syrups and the mess)
- Raw vegetables
- Crackers-Cheese Nips, Triscuits, Wheat Thins, Ritz,
- Cheese-All brands
- Yogurt-Go-gurt, Oikos, Yoplait, Chobani, Stoneyfield, Wallaby, Noosa
- Kefir
- Apple sauce or Squeeze Fruits
- Plain popcorn-Smart Pop, Boom Chicka, Skinny Pop
- Bread sticks
- Pretzels-Rolled Gold, Utz, Snyders (must state made in Peanut Free Facility)
- Beef sticks or sausage
- Sandwich (No peanut or nut butters)

- "Stretch Island Fruit Company" Fruit Strips
- "Enjoy Life" brand bars (low sugar content and nut-free)
- "Food Should Taste Good" brand chips
- "Goldfish" crackers and "Annie's" brand bunny crackers

The possibility of cereal and granola bars was discussed, but so many of them are frosted, filled with sugary jellies, or sprinkled with candy pieces that they were not included. Raisins are not included because they get stuck in the carpeting.