

St. Thomas More Catechesis of the Good Shepherd

Snack Guidelines

- Snacks should be healthy and easy to serve.
- Fresh fruit, cheese and crackers or breakfast bars are a good idea.
- Please no cookies, candy or snacks loaded in sugar.
- Juice is a good idea for Level I children.
- Snacks are needed promptly at 10:00 for the Sunday class. They will be served after Mass and before the child begins their atrium work.
- Snacks that arrive late will *not* benefit the children because snacks are not served inside the atrium.
- All snacks will be put away by 10:05 or 10:10 so the atrium session can begin on time.
- Thanks for helping keep the children healthy and content to maximize their time spent in the atrium.