



SNACK POLICY

All children need healthy snacks to keep their energy level high and their brains alert. We need to begin teaching this early so our children will make good food decisions. When it is your child's turn to bring snack, please remember the following:

- ★ A snack calendar will be sent home by your child's teacher.
- ★ Each child will have a turn to bring snack, approximately 1-2 times a month.
- ★ We will attempt to plan your child's birthday treat day on their birthday or half birthday. You may choose to bring a treat for their birthday celebration instead of a healthy snack.
- ★ Please have the snacks individually portioned out for the number of children listed on the snack bag. The preschoolers like to help hand out snack so dividing them into zip-loc baggies is helpful!
- ★ If your snack requires forks or spoons, please bring those as well. Milk, water, cups and napkins will be provided by the preschool.
- ★ **We are a nut free preschool. Please no peanuts, peanut butter products or nuts of any kind. Please check the packaging to ensure that the product was not "processed in a facility that also processes peanuts or tree nuts" or "may contain traces or peanuts or tree nuts".**

Thank you for your attention to the health and wellness of our students!

Snack Ideas:

Fruits & Vegetables

- ★ Apples/applesauce
- ★ Orange, strawberry, melon, peach, pear or pineapple slices
- ★ Bananas, sliced grapes
- ★ Raisins, Dried fruit
- ★ Cucumber slices, carrots, celery sticks, broccoli, cauliflower (You could include ranch or hummus dip.)

Dairy & Protein

- ★ Cheese cubes/slices/sticks
- ★ Hard-boiled eggs
- ★ Cottage cheese
- ★ Yogurt (frozen or regular)

Cereals & Grains

- ★ Popcorn
- ★ Muffins
- ★ Whole-grain cereal
- ★ Granola Bars
- ★ Breads/Muffins: carrot, pumpkin, banana, zucchini, corn
- ★ Snack mix

Crackers/Pretzels

- ★ Wheat thins
- ★ Pretzel sticks, pretzel thins
- ★ Graham crackers