



First Presbyterian Preschool

SNACK INFORMATION

- As part of our cost sharing, we ask that families help us by providing nutritious snacks for their child's class. **Due to COVID19 there will not be family style meals at this time. It will be reevaluated when the state of Arizona Department of Health Services issues a change in protocol.** We still need your help providing individually wrapped snacks and juice boxes to be distributed to the children.
 - The AZ state licensing department requires that only nutritious foods consisting of items from two of the four basic food groups be served: (1) fruits and vegetables, (2) milk and dairy products, (3) meat, fish, poultry and cheese, and (4) breads, cereal and grains.
 - Only 1% milk in $\frac{1}{2}$ gallon jugs, 100% fruit juice or water are approved drinks.
 - **NO** Capri-Suns, Hi-C, Kool-Aid, or Gatorade allowed.
 - All food and drinks must be store bought and in their original unopened package or container. **NO HOMEMADE FOOD IS ALLOWED.**
 - Fresh fruits and vegetables must be brought in whole. We will peel and/or cut them here at the Preschool.
 - No Styrofoam tableware is allowed including cups, bowls or plates.
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SNACK SUGGESTIONS

Yogurt stick/Wheat Crackers	Cereal/Raisins/Milk
Strawberries/Crackers	Tangerines/Cheerios
Graham Crackers/Milk	Celery/Cream Cheese
Fish Crackers/Juice	Cheese/Apples
Whole Wheat Crackers/Mini Carrots	Peanut butter/ Crackers
Mini Bagels/Cream Cheese	String Cheese/Melon
Applesauce/Graham Crackers	Tortilla Chips/Salsa
Tortillas/Cheese/Juice	Fruit Leathers/Milk
Cucumbers/Ranch Dressing/Juice	Pudding/Bananas/Milk

****Please provide the cups, plates, bowls, spoons, napkins, etc. when it is your child's turn to bring snack for the class. Thank you!***