

Classroom Snacks

Each child will have three or four opportunities during the year to bring snack for their entire class. Snack assignments will be listed on the Classroom Volunteer calendars each month. Try to involve your child in selecting the snacks you bring. Remember that water (cloud juice) is our only beverage and is provided by the preschool. Keep the following guidelines in mind when choosing a snack.

- ❖ **No nuts of any kind.** (Due to children with severe food allergies, please screen your snacks carefully for nuts, peanut butter, or tree nut products. **Be especially careful to check the ingredient list for nuts in processed foods - granola bars, crackers, cereals, etc.**)
- ❖ **No cupcakes or muffins with toppings.** These tend to crumble, leaving a messy floor in our play area and children with sticky fingers and faces. Homemade mini-muffins are great as they aren't nearly as likely to leave crumbs.
- ❖ **No yogurt, "Go-gurt," or popsicles.** While these are healthy and fun, again we find that they are a little too messy for our environment.
- ❖ Plan to bring enough snacks for the entire group. (To have enough so that helping parents can share, please bring about **36 for Teddy Bears, Rainbows and Penguins; 24 for Ducklings.**)
- ❖ You may drop off the snack in the preschool office when you bring your child to school for the day. **Please have fruit washed and GRAPES CUT IN HALF.**
- ❖ We have several occasions during the year when parents are asked to bring foods to share with the group and guests. These events will be posted on the bulletin board in advance.
- ❖ If you bring a homemade item for the children's snack, please provide a list the ingredients used in the preparations.

A list of snack ideas is on the next page for your convenience. If you are unsure about snack ideas please do not hesitate to call the office. A reminder.... This is a snack, not a meal!

Birthday Policy

Our teachers will celebrate each child's birthday with a friendship activity rather than food. Given that multiple birthdays in our program often fall within a very short time frame, we ask that parents not bring special birthday treats. If you happen to sign up for snack on a school day near your child's birthday, keep our snack food suggestions in mind when selecting the snack for the day. (PLEASE no cupcakes with frosting.) **To avoid hurt feelings, please do not distribute party invitations or thank you notes at school.** A class list will go home early in the fall with student addresses and phone numbers.

Snack Food	Suggested Quantities
Breakfast Cereal Mix	Large bowl or individual snack Ziploc bags – please give us the ingredient lists from the cereal boxes for allergies
Oyster Crackers & String Cheese	1 bag or box of crackers & 1/2 cheese stick per child
Mini Rice Cakes	3 to 4 rice cakes per child
Jelly Sandwiches (NO peanut butter)	¼ or ½ sandwich per child (cut in quarters) – please supply us with the bread ingredients for allergies
Apples* (sliced) & Cheese (sticks/cubes)	6-8 washed apples with cut cheese (slice the apples at home, a splash of OJ will help keep them fresh until serving time)
Bananas & Graham “Sticks”	8 to 10 bananas & 2 boxes of graham sticks
Fruit Bread (pumpkin, banana, etc. - no nuts)	2 loaves is plenty – please give us your complete recipe for allergies
Celery & Cream Cheese (Celery chunks filled w/cream cheese)	1 or 2 each child
Teddy Grahams or Graham “Sticks”	2 “regular size” boxes
Pretzels or Goldfish	1 small bag of pretzels or 2 bags of goldfish
Mini-Muffins – Store bought - No toppings please	2 per child – check package to make sure they are made in a nut free facility
Carrot Sticks (cut in ½ or ¼) & crackers	4 or 5 per child & 1 box of crackers
Fruit* & Crackers	Washed fruit & 1 box of crackers
Oatmeal Raisin Cookies (no nuts)	One cookie per child
Mini- Muffins homemade	Please give us your complete recipe for allergies
Mini-Bagels w/cream cheese to spread	½ sliced bagel/child; one container cream cheese
Breadsticks & Cheese in a pack	1 pack per child
Grapes* (cut in half) & Pretzel Sticks	Washed and SLICED in half grapes with a regular size bag of pretzel sticks
Homemade Soft Pretzels	1 per child – can be formed into shapes from frozen bread dough – please give us your complete recipe for allergies
Melon – cut in pieces	4-5 pieces per child
Dried Fruit & Pretzel Sticks	1 “regular size” box or bag of apples, raisins, craisins, or other dried fruit; 1 bag pretzels

*Please wash and cut fruit so it is ready to be served