

Rise and Shine Daycare

Approved Pre-Packaged Snacks for Children Under 1 Year Old

Melts & Puffs (Melt-in-Mouth, Choke-Safe)

- Happy Baby Organic Teethers

Gentle rice wafers that dissolve easily. Flavors include Banana & Mango, Blueberry & Purple Carrot.

- Gerber Organic Puffs

Fortified with iron and B vitamins. Flavors include Banana, Apple, Blueberry.

- Amara Organic Smoothie Melts

Freeze-dried fruits & veggies. Flavors: Mango Carrot, Strawberry Beet.

- Sprout Organic Crinklez

Veggie-based puffs made from chickpeas & carrots. Flavor: Pumpkin Carrot.

Pouches (Smooth Purees)

- Once Upon a Farm Organic Pouches

Cold-pressed, refrigerated, no preservatives. Flavors: Apple & Carrot, Mango & Coconut Milk.

- Plum Organics Stage 2 & 3 Pouches

Organic fruit and veggie blends. Flavors: Pear & Broccoli, Apple & Carrot.

- Earth's Best Organic Pouches

Simple, organic fruit & veggie mixes. Flavors: Sweet Potato & Apple, Banana Blueberry.

Soft Snacks (For 10+ Months, Chewers Only)

- Plum Organics Mighty Snack Bars

Soft-baked with fruit, oats & chia. Flavors: Blueberry, Banana.

- Yumi Organic Soft Bites

Plant-based, no added sugar. Flavors: Banana Coconut, Apple Cinnamon.

Additional Daycare-Approved Snacks

- Cheerios (Original)

Classic whole grain oat cereal - no added sugar and easy to chew.

- Organic Whole Milk Yogurt

Plain or fruit-flavored, low sugar, high calcium - baby-safe and creamy.

- Kirkland Organic Fruit and Veggie Pouch

Smooth, blended, and organic - great on-the-go option.

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- Fresh Cut-Up Fruits

Small, soft pieces of banana, ripe pear, avocado, or seedless watermelon.

Not Allowed

- Snacks made with non-halal bone broth or meat
- Honey (risk of botulism)
- Popcorn, raisins, whole nuts, hard granola bars
- High-sodium or sugary processed snacks