

Snack and Lunch Guidelines

The Assisting Parent provides a class snack. *Please provide a minimum of one un-processed fruit/vegetable and at least two other options.* You may, of course, choose to provide more choices. Some suggestions for nutritious snacks are listed below. Snack time is an enjoyable time providing opportunities for children to learn many things.

Snack & Lunch time goals:

- Explore and eat nutritious foods by using our 5 senses (different smells, textures, tastes, colors and shapes)
- Practice good hygiene (wash hands before eating, cover sneeze with upper arm)
- Practice good table manners and social skills (say “yes, please” or “no, thank you”, chew one bite at a time, sit on bottom in chair with feet on floor, keep hands to self, take turns)
- Develop self-help skills (use serving utensils, pitchers, and clearing items from table, push chair in under table, independently open lunch box & items in lunch box, clean up)
- Learn about counting, colors, shapes, amounts, smells, temperatures, and tastes. While feeding themselves, children use fine motor skills and learn self-help strategies

Please follow these guidelines when preparing the snack:

- Some of the foods served at preschool will require **cutting them in half or in small pieces** to prevent choking.
- ***Please keep all popcorn, nuts, marshmallows & hard candy at home. These items will not be served at the preschool.***
- *Limit sweets such as candy, cake, cupcakes & cookies to birthday’s or a holiday celebration as set in the Minimum Standards for Child Care Settings.*
- The Environmental Health Dept. has informed me to keep snacks **simple** and to *stay away* from foods that need to be held (kept warm or cold) such as meat, eggs, milk...
- If a child who is enrolled at the PPCP has an allergy to peanuts the preschool will become a “Peanut Sensitive Environment” as long as the child is enrolled at the PPCP. We will notify all our families prior to school beginning if we have anyone with a peanut allergy and ask you to keep anything directly containing peanuts or peanut butter at home.

NUTRITIOUS SNACK SUGGESTIONS:

*****On your Assisting Day, please provide at least one fruit/vegetable and at least two other options.***

FRUITS AND VEGETABLES	GRAIN	OTHER
Raisins	Whole Grain Crackers	Nut Butters
Berries- Organic Strawberries (washed, stemmed, sliced), blueberries, raspberries, blackberries	Rice Cakes	Cream Cheese
Grapes- CUT IN HALF (choking hazard if whole)	Granola	Cheese (slices, cubes, sticks)
Carrots- BABY PETITE size (with or without ranch dressing)	Mini Bagels	Hummus
Melons- Watermelon, Cantaloupe, Honey Dew Melon (without seeds, cut into small cubes that can be swallowed without lodging in the throat if accidentally swallowed)	Muffins	Yogurt
Pineapple- cut up the same as watermelon or cantaloupe	Baked Tortilla Chips	Seeds
Bananas	Granola Bars	Edamame (shelled)
Apples- Organic Apples or Organic Applesauce	Corn tortillas	Guacamole
Clementines	Whole grain bread	
Snow Peas, Snap Peas		
Cherry or Grape tomatoes- CUT IN HALF (choking hazard)		
Chopped tomatoes		
Pears		
Cucumbers		
Avocado		
Broccoli		
Spinach (dip)		
Salad (fruit salad or vegetable salad)		
Mango, Papaya (cut into cubes or sliced)		

Lunch:

All Parents will pack & provide a simple, light & nutritious lunch for their child ***following the same food guidelines*** (nutrition, cutting up foods with choking hazards...) as we do for snack. If any items need to be held (keep cold or warm) please pack your child’s lunchbox with icepacks/warm packs or a thermos. We are unable to use the refrigerator to store lunches due to limited space and we are unable to warm up lunches in the microwave. We would also like to ask you in helping to promote self-help skills to please provide containers & packaging that the children can learn to open by themselves as much as possible.