



Cooperative Play Academy Inc.
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Snack and Drink Guidelines

Cooperative Play Academy Inc. requests that all snacks be commercially prepared and kept in the original, unopened package until snack time. If a snack item needs to be prepared, i.e. cut up, peeled or sliced, the small kitchen in the Nursery room, may be used. We require the member preparing snack to wash their hands with warm water and soap prior to preparation.

ALLERGIES

Each member will receive specific information pertaining to any food allergies that a child may have in their child's classroom. This information will also be posted in the Emergency Health and Safety Binder located by the First Aid Kit in the art room. **If you have a student with any food allergies, please sign a "Safe Snack Sticker" at the beginning of each class after checking that day's snack.**

SNACK SUGGESTIONS:

*Fruit (apples, grapes, bananas, peaches, pears, applesauce, etc.)

Please cut and prepare the fruit appropriately, grapes must be cut in half for all classes.

*Vegetable sticks (with dip)

Please cut appropriately

Dependent on Student Allergies:

Gold Fish

Raisins (or other dried fruit)

Cheese (squares or string cheese)

Crackers, bread or pretzels with cheese spread

Snack mix or dried cereal

Pudding cups

Jell-O cups

Yogurt

Granola or breakfast bars

Muffins

Bagels (cream cheese)

Flavored rice cakes

Frozen Fruit Bars

Rice Krispie Bars (commercially packaged)



DRINKS

Generally, the children will drink water. There are cups and a water pitcher to use for drinks. Milk or juice may be provided (by the snack parent/child) on special occasions such as birthdays.

Note: This is only a partial list. Use your experience and bring what you feel would be *nutritious* and delicious! Please keep in mind, food served during class is considered a Snack, not a Meal.

Lunch Guidelines

For full time students, families will provide their child with a "sack" lunch, clearly marked with their child's name. Student lunches will be stored in the refrigerator in the Nursery. Full time students will eat their lunch during snack time, 11:15 am, in the snack room with the other students and teachers. Please avoid packing any food that is listed on the class allergy list (i.e. Peanuts, Peanut butter, etc.).