

## Guidelines for Snack Selection

Healthy snacks between meals are necessary to maintain the calories and nutrients that young children need for growth and development. *All parents will be asked to provide a nutritious morning snack, approximately once a month, for their child's class.* A monthly Snack Calendar will be sent home to parents at the beginning of each month. A special bag for snack will be sent home with your child the school day before it is your turn to provide snack. Included in the bag will be these guidelines and the Snack Calendar listing who is to bring snack for the class on each school day. Please return the filled bag to the teacher when you arrive for school. The snack should be ready to be served when you get to school; i.e., cut in bite-size pieces; and include enough portions for each child and teacher in the class. When possible, please allow your child to choose and help prepare the snack. Nutritious snacks with low salt, low sugar and low fat are encouraged. The closer to nature a food is, the healthier a choice it will be. *Families with children in after school Extended Care will also be responsible for providing a nutritious afternoon snack for the group, occasionally.*

**Your snack should include: small paper/plastic cups, napkins, a beverage, snack food, and plastic utensils if needed.** (Paper plates are optional, and at your discretion if you feel they are needed.)

The following are **suggestions** for snack. Send one item from 2 or 3 of the snack categories below.

**Choking hazards such as whole grapes and popcorn cannot be served and will be returned, uneaten. Grapes must be cut in half before being sent to school.**

**Due to the severity of peanut/nut allergies, please  
DO NOT SEND ANY PRODUCTS containing NUTS.**

### Beverages:

**Milk:** *Low-Fat or Fat-Free Milk, Soy and Rice milks fortified with calcium and vitamin D, 5 oz. cup per child*

**Water:** satisfies thirst without adding calories or sugars (make sure to send cups and inform teachers)

**Fruit Juices:** *Only 100% fruit juice brands – Juicy Juice, Welch's 100%, Motts 100%, etc., 5 oz. cup per child*

**\*DO NOT SEND any other types of beverages; i.e., artificially sweetened water, artificially sweetened juice drinks or Kool-Aid; because they will not be served at school.**

### Snacks:

**Fruit:** *Apples - washed, quartered, cored, dip in lemon juice to prevent discoloration, ½ apple per child*

*Bananas - do not peel, wash center and cut in half, edge dipped in lemon juice, ½ banana per child*

*Cantaloupe, Watermelon, Honeydew - cut in small chunks or balls, 3-4 pieces per child*

**Grapes** - seedless, washed, **must be cut in half**, approximately 10-12 grapes per child

*Oranges, Tangerines - quartered, ½ fruit per child*

*Strawberries - washed and whole, 3-4 per child depending on size*

*Canned Fruit packed in 100% juice - provide cups/bowls and plastic forks/spoons, 3oz. cup serving per child*

*Unsweetened Applesauce - 3oz. cup serving per child*

**Vegetables (dip optional):** *Carrots, celery, cucumbers, cauliflower, and broccoli - Wash and cut into stick, wedges, or finger-sized pieces (three 4" pieces per child)*

**Grains:** *Breads - fruit, whole wheat, sourdough, and cinnamon, ½ slice per child*

*Muffins - One mini muffin or ½ large muffin per child; fruit – banana, blueberry, pumpkin, raisin, etc.; or vegetable – carrot, zucchini, etc.*

*Bagels - same as muffin, ½ bagel per child*

*Pita Bread - with dip or spread, ½ round per child*

*Mini Rice Cakes, Crackers, Other Grains - Cheerios, Chex, Kix, tortilla chips, pretzels, Cheese Nips, Granola, etc., 4 crackers or 3oz. cup serving per child. Can make into snack mixes (low salt please).*

*Seeds and dried fruit mixes are also appropriate.*

**Protein:** *Hard Cheese - Monterey Jack, Muenster, mild cheddar, Havarti*

*Please have these cut into individual pieces, 2-3 per child depending on size*

*Yogurt - 3oz. cup serving per child*

*Sliced or cubed lean deli meat – 1oz. per child (avoid highly seasoned/fatty meats, i.e. bologna)*

*Hummus/Bean Dip – 2 Tbsp. per child*

**\*Please do not send any products containing peanuts or other types of nuts, due to the severity of allergies.\***