

## 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. The Snack Calendar will list who is to bring snack for the class on each school day. Please note your child's snack day in your personal calendar, because school snack bags will not be sent home this year. The snack should be unopened, pre-packaged and ready to eat. Please make sure that there are sufficient portions for the entire class, all children and teachers. 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, approximately once a month.*

**Your snack should include: a beverage and at least two options of snack food from different categories (fruit, vegetables, grains, proteins). If you do not participate in the pre-pay option provided by your child's teacher for paper/plastic products, then you must also send: small paper/plastic cups, napkins, disposable plates, and plastic utensils if needed.**

**Due to the severity of peanut/nut allergies, please  
DO NOT SEND ANY PRODUCTS containing NUTS.  
Grapes and popcorn are choking hazards and cannot be served.**

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

### 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

*Please DO NOT send juice or juice containing products. We will only be serving water or milk.*

### Snacks:

**Fruit:** *Apples - pre-washed, pre-cut packaged apples, ½ apple per child*

*Bananas - do not peel, do not cut, 1 banana per child*

*Cantaloupe, Watermelon, Honeydew – pre-cut, packaged and prepared at the store, 3-4 pieces per child*

*Oranges, Tangerines – do not peel, do not cut, 1 fruit per child*

*Pre-packaged Fruit in 100% juice –small plastic bowls of fruit, one per child ex. peaches, pears, etc.*

*Unsweetened Applesauce – (1) 3oz. cup or pouch serving per child*

**Vegetables (dip optional):** *Carrots, celery, cucumbers, cauliflower, and broccoli – pre-washed, pre-cut and packaged (three 4" pieces per child)*

**Grains:** *Breads - fruit, whole wheat, sourdough, and cinnamon, 1 slice per child*

*Muffins – packaged, One muffin per child or two mini-muffins*

*Bagels – 1 mini bagel per child*

*Mini Rice Cakes, Crackers, Other Grains – Unopened packages of Cheerios, Chex, Kix, tortilla chips, pretzels, Cheese Nips, Granola, etc., 4 crackers or 3oz. cup serving per child. (Low salt/sodium please.)*

*Seeds and dried fruit mixes are also appropriate, without nuts.*

**Protein:** *Hard Cheese – Pre-cut, packaged sticks, cubes or slices of Monterey Jack, Muenster, mild cheddar, Havarti; 1 stick, 1 large slice, 2-3 little slices or per child (depending on pre-cut size)*

*Yogurt – (1) 3oz. cup, drinkable bottle or pouch 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.\***

**\* Choking hazards such as grapes and popcorn cannot be served and will be returned, uneaten.\***