

## Year old Snack Information and Policies

**PLEASE NOTE: We do not allow peanuts or peanut products of any kind on the preschool campus, in snacks or lunches.**

The Preschool staff appreciates the snacks you periodically send for your child's class. Snack time is an important part of our program. It is a time when a variety of skills are practiced and children learn about good nutrition and table manners.

Below we have listed examples of snacks that we have observed children enjoy over the years.

***Please do not send popcorn, hard pretzels, hot dogs, carrot sticks, peanuts, nuts, raw peas and /or whole grapes to class.***

The Preschool provides purified drinking water, napkins, cups, and any utensils necessary for the snack you send.

### **BREADS & GRAINS**

Graham Crackers, rice cakes, vanilla wafers, cereal mix, bread, noodles, bagels, tortilla chips, fish crackers, muffins, fruit breads, pita bread, english muffins, corn bread, saltines and other crackers.

### **FRUIT & VEGETABLES**

Apples, oranges, bananas, peaches, cantaloupe, watermelon, etc. or cooked applesauce, celery, broccoli, jicama, cauliflower, cucumbers.

### **MEAT & DAIRY**

Yogurt, cheese (cubes or slices) cream cheese, string cheese, yogurt dip, pudding, milk, cold cuts, cheese spread.

***\*\*PLEASE TRY AND INCLUDE FOOD FROM AT LEAST 2 OF THE FOOD GROUPS.***

***\*\*PLEASE CUT FRUIT or CHEESE INTO 1/4 INCH SQUARE BITE SIZED PIECES.***

***Remember: No Peanuts or Peanut Products***

### **STORAGE**

We do have a refrigerator in the Preschool Office. If the snack you send requires refrigeration please let your teaching team know and they will put in the refrigerator. Please send snacks in a labeled (with name and date) disposable container. If you cannot bring snack on a day you signed up for please do not be concerned. The Preschool maintains a supply of snack items.

### **BIRTHDAY SNACKS**

Each teacher has their own procedure for celebrating birthday's in the classroom. Please check with your child's teacher regarding this.

### **ALLERGIES**

**IF YOUR CHILD HAS ANY FOOD ALLERGIES, PLEASE LET YOUR TEACHER KNOW. A LIST OF THE CHILDREN'S ALLERGIES IN THE CLASS WILL BE POSTED INSIDE A CABINET OF EACH CLASS. ALL CHILDREN WITH EPI-PENS OR SIGNIFICANT DIETARY RESTRICTIONS NEED TO BRING THEIR OWN SNACKS EACH DAY.**

## SNACK TIME PROCEDURES

- Snack tables are washed prior to snack set up
- Children and Teachers wash their hands prior to setting up snack
- Napkins, cups and snack items are passed out by the children (when children are developmentally ready) with assistance from a teacher
- Children with allergies or food concerns which require a special snack have places at the table which are clearly identified
  - All children and teachers wash hands prior to snack
  - A group blessing is said each day before snack
- Children are encouraged to try the snack which is provided
- Children learn to pour their own water/or snack beverage
- Children have opportunities to self-select and serve snack for themselves
- When 2 year old children are developmentally ready as decided by teachers and families, regular drinking cups are provided for fluids served during class
- Children are responsible to clean up their snack space by putting their trash in the trash can
- Teaching staff are encouraged to sit with the children during snack time