

Snack Policy

Each child will have opportunities to bring healthy snacks for the class on a rotating basis. Providing a classroom snack gives families a chance to plan a snack together, talk about eating nutritious food and participate in your child's preschool experience in a small way at home. We ask that you send healthy snacks. There is a list of suggestions below. Please choose a food from **two different food groups**.

Please be sure that all snacks are PEANUT-FREE. **Absolutely no snacks containing peanuts, peanut butter or any food that is manufactured in a plant containing peanuts for allergy reasons. Please be careful to check the labels.** Everything has to come in its original container so the teacher or helper can check the ingredients. Food must be prepackaged or individual ingredients brought from home and prepared at preschool.

There is no need to send a beverage. The preschool will provide water to drink.

Cups, spoons and napkins will be provided by the preschool.

Snack suggestions include:

Grains/Breads	Vegetables/Fruits	Proteins
Animal crackers	Apples	Packaged cheese (sliced, string, cubed, or sticks)
Mini bagels	Apple chips	
Whole grain bread	Unsweetened apple sauce	Low-fat cottage cheese
Unsweetened cereal	Bananas	Hummus
Graham Crackers	Berries	Sunflower seed butter
Crackers	Carrots	Low-fat yogurt
Pretzels	Celery	
Rice cakes	Cucumbers	
	Oranges/clementines	
	Unsweetened diced fruit	
	Raisins or craisins	

Family-Style Snack Time

Snack time will begin with a prayer. We will use simple prayers that will be sung or recited thanking God and asking him to bless our food. The children will practice emerging independence by using child-sized containers and utensils, allowing them to set tables, pour beverages, serve themselves and clear their places.

The children will interact in a pleasant social atmosphere as they participate with peers and adults in decision-making, sharing, communication with others and practicing good manners during a family-style mealtime setting.