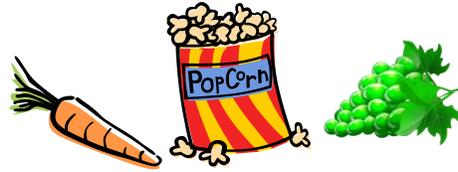


GARBER PRESCHOOL
SNACK MEMO



We appreciate your assistance in helping us to provide nutritious snacks for the children.

Snacking makes up an important part of childhood nutrition, so the food you provide should reflect a conscientious effort on your part to help the children meet their high energy needs through healthy snack experiences.

Plan to provide a snack that includes a serving from either the Fruit or the Vegetable Group and a serving from the Bread/Cereal Group, the Dairy Group, or the Meat/Protein Group. Child-size servings are generally considered to be one-fourth to one-third of an adult's portion size.

Be sure that your snack is ready-to-serve and delivered to the classroom, refrigerator or freezer by 9:00 a.m. Mark any bags or containers with your child's name so we can make sure the snack gets in the right classroom.

The preschool provides cups, napkins and spoons.

The following list of suggested snacks is for your future use. Feel free to be creative and include your child in the preparation as much as possible.

FOOD GROUP

Breads/Cereal

FOOD CHOICES

Whole grain breads served with butter or jam.
(The older children enjoy spreading with butter knives.)
Crackers, cereals (not sugary), bagels, muffins, english muffins, rice cakes, bread sticks, pretzels. (Go fishing with gold fish crackers, peanut butter and pretzel sticks)

Vegetable

Broccoli, carrots, cauliflower, green pepper, red pepper, celery, cucumber, vegetable juices. (Many of the children enjoy dipping raw veggies. Celery stuffed with cream cheese, pimento cheese or peanut butter...)

Fruit

Apples, pears, bananas, seedless grapes, melons, fruit salad, fruit cocktail, oranges, peaches, plums, raisins. (Apples with peanut butter, fruit can be served with a dip, butter, in gelatin, in popsicles, dried, with yogurt, with cream cheese, as kabobs....)

Milk/Yogurt/Cheese

Low fat milk, yogurt, cream cheese, sliced pudding, Ice milk, (Be creative and cut the cheese with cookie cutters, use cheese or yogurt as a dip, cheese biscuits...)

Meats/Protein

Chicken, turkey, peanut butter, eggs, nuts.
(Nuts and Bolts- cheerios and nuts, meat can be rolled with cheese and a toothpick, make a kabob...)

Have Fun and Be Creative! Think of nutritious ways to combine food groups. I have a recipe book, Super Snacks, drop by and browse through it.