

SNACK FOODS FOR PRESCHOOLERS

- Snack is served mid-morning.
- Snacks must represent **two food groups** and be **commercially packaged** or prepared on-site.
- Snacks must be **peanut free**. (Preschool Staff addresses other food allergies with individual families).
- Water will be served at every snack time.
- Napkins, cups, "bowls", spoons and child-safe knives are provided. We also have an 8-section apple slicer.

The following are some ideas of what your child may like to bring for his/her "Preschool snack":

Amount examples: Bananas = ½ each child (or Apples = ¼ - ½ each)
Crackers/cookies = 1 box per class
Water is served everyday

Here are some combination ideas that the children seem to enjoy:

Graham crackers and raisins
Saltines and applesauce (one 48oz jar is enough for the whole class. We'll pour it into cups)
Crackers and yogurt (48oz size)
Crackers and string cheese or cheese cubes
Milk and animal crackers

To Make Life Easier in the Classroom:

Bulk-wrapped string cheese is much easier for classroom use than individually-wrapped sticks
Bulk-wrapped anything is generally easier than anything individually-wrapped
Grapes and cherry tomatoes are wonderfully good, but must be individually cut in half at school

We are generating a list of acceptable and unacceptable peanut allergy items

Please feel free to help us in this task. Here is what we have so far:

Allowed:

Honey Maid graham crackers (brand name only)
Nilla vanilla wafers (brand name only)
Cinnamon toast crunch (check the label)
Fruit loops (check the label)
Most crackers
Goldfish crackers
Animal crackers (check the label)
Pretzels
Raisins
Yogurt
Cheese
Malt-O-Meal products are generally peanut-free

Not allowed:

M&M products (any variety)
Cheerios (any variety)
Any cereal that offers a nutty version, (even if
you are planning to send the plain version)
Ritz sandwich crackers (peanut butter nor cheese)
Anything made with peanut flour