

Snack

Each day a snack is provided by you, the parents. Each family will be responsible for bringing a snack for their child's class once or twice a month. Child care licensing requires the school to post a snack menu for each month, with foods from the four basic food groups. Your family will be assigned a snack to bring. You may make substitutions for the suggested snack, but please bring something of a similar type of food e.g. a carb for a carb, a fruit for a fruit. A monthly calendar of snack assignments will be handed out at the end of the previous month. Snack day for your child is a special day with special privileges. Child Care licensing requires that fruits and vegetables must be cut up at the school or be purchased at a commercial facility. Baked goods must be prepackaged or purchased at a commercial facility or baked at the school. Boxes of food, and cartons of milk, etc., need to be brought to school unopened.

The classrooms are meat and peanut-free environments. Please do not send any snack to the school that contains peanuts or peanutbutter. Please bring your snack the day before your child's snack day. (e.g. Tues/Thurs. children, bring snack on Tuesday for Thursday) If you forget to bring snack on your day, please bring a snack that can be easily stored at school to be used on the next occasion when a snack is forgotten. Easily stored snacks include canned fruit in 100% juice, crackers, dried fruit, cereal, Fig Newtons, cheese sticks, yogurts. Thank you.

Several exercises in the practical life area involve food preparation (e.g., cutting and serving bananas, squeezing oranges for juice, paring carrots, cutting bread). Teachers will indicate on the snack calendars or in the newsletter when a donation of these food items would be especially helpful.

So, how much is enough for snack?

- Fruit: choose from six bananas, six oranges, six apples, twelve satsumas or tangerines, one pound punnets of strawberries, one melon . . .
- yogurt – one large container of fruit, vanilla or plain yoghurt
- cereal – one family sized box and a half gallon of milk (Please choose low sugar cereal such as chex, plain cheerios, kix, spoon sized shredded wheat)
- One small box of popcorn. (Choose plain, please)
- hummus or other dips – 1 ten oz container of hummus or 1 pint of ranch dressing
- cheese sticks – one bag of cheese sticks per class
- cream cheese – 8 ounce container per class
- bagels/bread – one mini croissant or half a regular croissant per child, one twenty slice plus loaf, six bagels (regular size) or twelve mini-bagels, one tortilla per child
- rice – 8 ounces of rice, 8 ounces of frozen vegetables
- vegetable sticks – for one class, choose from two peppers, five carrots, two cucumbers, two zuchinni, one heart of celery, one large bag of snap peas – or choose a combo
- crackers – one pound of any crackers, including graham crackers, is more than enough for one class
- raisins – one small box per child is enough, or 12 oz container of dried fruit
- frozen or canned fruit – 12 – 16 oz.
- Nutri grain bar – half a bar per child, or one pound pack of equivalent
- juice – one frozen container or quart of 100% fruit juice