

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 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, peanutbutter. Please bring your snack the day before your child's snack day. 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 ten bananas, ten oranges, ten apples, twenty satsumas or tangerines, two pound punnets of strawberries, one melon . . .
- yoghurt – two large containers of fruit, vanilla or plain yoghurt
- cereal – one family sized box and a gallon of milk (Please choose low sugar cereal such as chex, cheerios, kix)
- 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 – half a cheese stick per child, so ten 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, ten bagels (regular size) or twenty mini-bagels, one tortilla per child
- rice – 8 ounces of rice, 8 ounces of frozen vegetables
- vegetable sticks – for one class, choose from five peppers, ten carrots, four cucumbers, four 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 – 16 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