

Classroom Snacks

Each child will have three or four opportunities during the year to bring snack for their entire class. Snack assignments will be listed on the Classroom Volunteer calendars each month. Try to involve your child in selecting the snacks you bring. Remember that water (cloud juice) is our only beverage. Keep the following guidelines in mind when choosing a snack.

- ❖ **No nuts of any kind.** (Due to children with severe food allergies please screen your snacks carefully for nuts, peanut butter, or nut products. **Be especially careful to check the ingredient list for nuts in processed snack foods -- granola bars, crackers, cereals, etc.**)
- ❖ **No cupcakes or muffins with toppings.** These tend to crumble leaving a messy floor in our play area and children with sticky fingers and faces. Homemade mini-muffins are great as they aren't nearly as likely to leave crumbs.
- ❖ **No yogurt, "Go-gurt", or popsicles.** While these are healthy and fun, again we find that they are a little too messy for our carpeted environment.
- ❖ Plan to bring enough snacks for the entire group. (To have enough so that helping parents can share, please bring about **40 for Teddy Bears, Rainbows and Penguins; 25 for Ducklings.**)
- ❖ Bring **5 ounce drink cups** for "cloud" juice and snacks. **We serve water rather than juice or fruit drinks at snack time** and we serve the snacks in cups (crackers, cereals, small cookies, fruit, etc.). That amounts to 80 cups for Teddy Bears, Rainbows and Penguins; 50 cups for Ducklings. Please be sure to bring the 5 ounce cups -- **not** the smaller 3 oz. bathroom cups.
- ❖ You may drop off the snack in the preschool office when you bring your child to school for the day. Our office staff will be happy to slice apples or other fruit, put crackers or small cookies in cups for serving, etc. **Please have fruit washed and GRAPES CUT IN HALF.**
- ❖ We have several occasions during the year when parents are asked to bring foods to share with the group and guests. These will be posted on the bulletin board in advance of each event.
- ❖ **Birthday Policy:** Our teachers will celebrate each child's birthday with a friendship activity rather than food. We will celebrate summer birthdays in the Spring (Teddy Bears & Rainbows) or as half-birthdays (Penguins). Given that multiple birthdays in our program often fall within a very short timeframe, we ask that parents not bring special birthday snacks or treats.
- ❖ **A list of snack ideas follows for your convenience.** If you have some other ideas, please check with the office staff so that we can add them to our permanent suggestion list.

Snack Idea	Prep & Quantities
Grapes & Pretzel Sticks	Washed and SLICED bunch of grapes with a regular size bag of pretzel sticks
Breakfast Cereal Mix	Large bowl or individual snack Ziploc bags
Oyster Crackers & String Cheese	1 bag or box of crackers & 1/2 cheese stick per child
Mini Rice Cakes	3 to 4 rice cakes per child
Jelly Sandwiches (NO peanut butter)	¼ or ½ sandwich per child (cut in quarters)
Other Sandwiches (bologna or ham & cheese, etc)	¼ or ½ sandwich per child (cut in quarters)
Apples & Cheese	6-8 washed apples with cheese cut into cubes (if you wish to slice the apples at home, a splash of OJ will help keep them fresh until serving time)
Bananas & Graham "Sticks"	6 to 8 bananas & 2 boxes of graham sticks
Fruit Bread (pumpkin, banana, etc.-no nuts)	2 loaves is plenty
Celery & Cream Cheese (Celery chunks filled w/cream cheese)	1 or 2 each child
Teddy Grahams or Graham "Sticks"	2 "regular size" boxes
Orange Slices (smiles) & Pretzels	6-8 oranges & one small bag of pretzels
Mini-Muffins - No toppings please	2 per child
Carrot & Black Olives	4 or 5 per child
Fruit & Crackers	Washed fruit & 1 box of crackers
Oatmeal Raisin Cookies	One cookie per child
Rice Crispy treats	One square per child
Mini-Bagels w/cream cheese to spread	1 sliced MINI bagel per child; one container cream cheese
Breadsticks & Cheese in a pack	1 pack per child
Homemade Soft Pretzels	1 per child – can be formed into shapes from frozen bread dough
Mandarin Oranges w/crackers	3- 15-oz. cans and 2 boxes Teddy Grahams
Melon – cut in pieces	4-5 pieces per child
Dried Fruit & Pretzel Sticks	1 "regular size" box or bag of apples, raisins, craisins, or other dried fruit; 1 bag pretzels