

NEW HORIZONS SNACK INFORMATION

Each child will have three or four opportunities during the year to bring snack for their entire class. Try to involve your child in selecting the snack to bring on his/her assigned day. We ask that you 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, cereals, etc.)**
- ❖ **No cupcakes or muffins with toppings.** These tend to crumble leaving a messy floor in our snackroom 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 snack 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." (**We serve water rather than juice or fruit drinks at snack time.**) Again, 40 for TeddyBears/Rainbows/Penguins; 25 for Ducklings. Please be sure the buy the 5 ounce cups -- **not** the smaller 3 oz. bathroom cups. If you bring a snack that needs to be divided and served in cups (crackers, cheese cubes, cereals, small cookies, etc.), remember to bring extra cups for that.
- ❖ 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.
- ❖ **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 is on the back of this sheet for your convenience. If you have some other ideas, check with Pam or someone in the office so that we can add them to our permanent suggestion list.

NEW HORIZONS SNACK SUGGESTIONS

<u>Snack Food</u>	<u>Suggested Quantities</u>
Breakfast Cereal "Trail Mix"	Large bowl or individual Snack-size Ziploc bags
Oyster Crackers & String Cheese	1 bag or box of crackers & 1/2 cheese stick each
Mini Rice Cakes	3 to 4 rice cakes per child
Jelly Sandwiches (without peanut butter)	1/4 sandwich per child
Other Sandwiches (bologna or ham & cheese, etc)	1/4 sandwich per child
Apples & Cheese	6 to 8 washed apples and cheese of your choice (if you wish to slice the apples at home, a splash of orange juice will help keep them fresh until serving time)
Bananas & Graham Crackers/Sticks	6 to 8 bananas & 1 box. of graham crackers/sticks
Fruit Bread (pumpkin, banana, etc. - no nuts)	2 loaves is plenty
Celery & Cream Cheese	Celery chunks filled w/cream cheese - 1 each
Teddy Grahams or Graham "Sticks"	2 "regular size" boxes
Orange Slices (smiles) & Pretzels	6 to 8 oranges & <u>small</u> bag of pretzels
Mini-Muffins	No toppings please
Carrot & Celery Sticks	4-5 carrots and celery sticks per child
Fruit & Crackers	Washed fruit & 1 box of crackers of your choice
Oatmeal Raisin Cookies	One cookie per child
Rice Krispie treats	One square per child
Mini-Bagels	1 per child
Breadsticks & Cheese in a pack	1 pack per child
Homemade Soft Pretzels	1 per child – can be formed into shapes from frozen bread dough
Black Olives and Cheese cubes	3 to 4 cans of whole olives and cubes of cheese
Dried Fruit & Crackers	Large bowl or individual Snack-size Ziploc bags