

## Small Discoveries Preschool Snack Policy

All children need healthy snacks to keep their energy level high and their brains alert. We need to begin teaching this early so our children will make good food decisions. When it is your child's turn to bring snack, please remember the following:

- A snack calendar will be sent home by your child's teacher. This will let you know when it is your child's turn to bring snack.
- He/she can choose which category of snack to pick from.
- Each child will have a turn to bring snack on a rotating schedule set by the teachers.
- We will attempt to plan your child's snack day on their birthday or ½ birthday, during their birthday or ½ birthday month
- Please have the snacks individually portioned out for the number of children in the class
- If your snack requires forks or spoons, please bring those as well. Milk, cups, and napkins will be provided by the preschool
- Refrigeration is available for snacks that need to be kept cold.
- **We are a nut-free preschool. Please NO peanuts, peanut butter products, or nuts of any kind.**

*Thank you for your attention to the health and wellness of our students!*

### Fruits & Vegetables

- Apples/applesauce
- Orange, peach, pear, or pineapple slices
- Bananas
- Raisins
- Melon balls
- Canned fruit cups
- Cucumber slices
- Seedless grapes cut in half
- Strawberries
- Carrots or celery sticks
- Broccoli or cauliflower
- Pickles
- Dried fruit

### Cereals & Grains

- Bagels
- Muffins
- Breadsticks
- Cereal
- Pita bread
- Granola bars
- Cereal bars
- Popcorn
- Rice cakes
- Tortillas
- Breads: whole wheat or white, carrot, corn, zucchini, pumpkin, or banana

### Dairy & Protein

- Cheese cubes/slices
- Hard-boiled eggs
- Cottage cheese
- Yogurt
- Pudding cups
- Ham, turkey, or beef deli meat
- String cheese

### Crackers/Pretzels

- Animal crackers
- Ritz Bits (cheese)
- Oyster/soda crackers
- Goldfish
- Wheat thins
- Ritz crackers
- Cheese crackers
- Pretzels
- Graham/snack crackers