

A Great Start Preschool Snack Policy



A snack is offered to the children each day. A Great Start Preschool has a “**Parent Participation Snack Policy.**” This requires children to bring a nutritious snack and drink (100% juice, milk, or bottled water) once per month for their classroom on the date assigned by the Preschool Director. Each child will be assigned to bring snack on the same day each month, such as the First Friday or the Third Thursday, etc. Class sizes, to indicate how many snacks to bring, will be posted on the assignment calendar. A copy of the snack assignment calendar will be posted on the Family Communication Board, and will be available at the start of each month for easy reference.

This special snack policy encourages the building of the tie between home and school. Snacktime should be considered more than just a time to feed our children; this is an opportunity for them to experience flavors, colors and textures and maybe learn something about good nutrition for good health along the way. Involve your child in the process of picking out and making the snack. If you do not wish to be part of the snack program, please add a **\$6.00** per month fee to your tuition check to “opt-out” and we will supplement the snack for that day. If you wish to opt-out of the snack participation policy, please indicate your desire on the Child Profile Form.

When possible, snacks should be individually pre-packaged and should require little or no preparation from the preschool, including heating. We encourage you to bring nutritious snacks and 100% juice, milk, or individual bottled water. If you bring a snack that requires eating utensils, please provide those (I.e. spoons or forks).

Please do not bring in cupcakes or cakes, even for your child’s birthday. To celebrate your child’s birthday, you may bring a special snack or goodie bag that will be sent home. To inform the families of the daily snack, we will list snacks on the menu that can be found on the Family Communication Board.

Please adhere to food restrictions, food allergies, and “Safe Snack Lists” as they apply to your child’s classroom. All allergies and food restrictions are listed on the Family Communication Board, as well as throughout the preschool so that we are aware if a substitution needs to be made. If there is an allergy or food restriction in your class, please refrain from sending a snack that may cause an allergic reaction. If a snack is brought that a child in the class is allergic to, we will make a substitution for the entire class and use the donated snack in another classroom. We will keep a supplement of non-perishable “Safe” snacks in case a substitution needs to be made.

If you forget to bring snack on your child’s assigned day, or your child’s assigned day falls on a date we do not have school, please bring a box of individually packaged non-perishable snacks and juice boxes on your child’s next school day to replenish our supply, or add \$6.00 to your tuition payment.

A list of recommended snacks is provided. When choosing a snack for your child’s classroom, please choose healthy options. Generally, anything over 10 grams is considered high in sugar. Ingredients to watch out for: high fructose corn syrup, corn syrup, partially hydrogenated anything, monosodium glutamate/autolyzed yeast extract.

*If you have any questions, please do not hesitate to contact the Preschool office.
Thank you in advance for your participation and cooperation! Updated 08/28/09*

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Please provide 100% juice, Milk, or Individual Bottled Water in addition to a nutritious snack for the entire class. If your child's class has a Safe Snack List, please provide an item from that list for your classroom. Otherwise, the following is a list of recommended snacks:

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| Angel food cake | Gelatin with canned or fresh fruit |
| Animal crackers | Graham crackers |
| Ants on a log (<i>celery with peanut butter or cream cheese and raisins</i>) | Granola Bars |
| Apple (<i>Try with dip: peanut butter, cream cheese, fruit dip, hummus, whipped topping, caramel sauce</i>) We have an apple slicer | Grapes |
| Applesauce (<i>individual servings with spoons</i>) | Hard boiled eggs |
| Apricots | Honey roasted cashews or almonds |
| Carrots with dip | Jello jigglers |
| Bagels with various cream cheese spread or peanut butter | Kabobs made with combinations of cheese, fruit, veggies, lunch meat |
| Baked whole grain goldfish | Lean cuts of turkey, ham, pepperoni, etc |
| Peanut butter and banana sandwiches | Low-fat fruit and cereal bars |
| Bananas | Mandarin oranges or peaches |
| Blueberry, bran, or cornbread muffins | Melons (<i>cut in cubes</i>) |
| Bread sticks with cheese or marina sauce | Naturally sweetened dry cereal |
| Canned fruit in light syrup or water | Non-fat cottage cheese (<i>try adding fruit</i>) |
| Cheese (string cheese, cheese squares) | Parfaits with yogurt/gelatin/chopped fruit |
| Cheese crackers | Quesadillas (<i>cheese, peanut butter, nutella</i>) |
| Cheese quesadillas | Peanut butter and jelly sandwich squares |
| Chex mix | Peanut butter or fruit spread with crackers |
| Cookies and muffins made with applesauce rather than oil | Pears |
| Cracker stackers (<i>lunch meat, cheeses, and veggies to build sandwiches</i>) | Pita bread with lean sliced meat and cheese |
| Crackers: Graham crackers, saltines, ritz crackers, animal crackers, whole wheat, whole grain crackers (<i>Great with dips, spreads, cheeses</i>) | Popcorn |
| Dark chocolate-covered raisins/almonds | Popcorn (<i>while hot add parmesan cheese, cinnamon sugar, or seasoned salt</i>) |
| Dates and squash | Popcorn cakes |
| Dried fruit | Pretzel rods with dip (<i>cheese, ranch dressing, yogurt, bean dip, mustard</i>) |
| Dry roasted soy beans | Raisins |
| Edamame | Pretzels (<i>try whole wheat or soft pretzels too!</i>) |
| English muffins, flour or corn tortillas, or pita bread topped with refried beans, canned chili, and Mexican shredded cheese (<i>or pizza toppings</i>) | Pumpkin seeds |
| Whole grain fig newtons | Quick breads or muffins made with carrots, zucchini, pumpkin, bananas |
| Flavored rice cakes | Rice cakes |
| Fortune cookies | Sesame breadsticks |
| Fresh fruit (<i>please cut into cubes 1/4 inch or smaller. Try freezing</i>) | Snack mix (<i>Toss together whole grain cereal, popcorn, banana chips, nuts, pretzels, raisins</i>) |
| Fruit & yogurt parfaits (<i>layer cut fresh fruit with yogurt and granola</i>) | Vegetables (<i>with dips, cottage cheese, humus</i>) |
| Fruit kebobs | Teddy grahams |
| Fruit Leather | Sugar-free pudding cups or jello cups |
| | Tortilla chips with bean dip or salsa |
| | Vanilla wafers |
| | Trail mix (<i>Mix dry cereal, nuts, pretzels, cheese crackers, chocolate chips, mini marshmallows, raisins, goldfish, small amount of m&m's</i>) |
| | Veggie chips |
| | Whole grain bread with fruit spread |
| | Yogurt (<i>gogurt, yogos, etc...don't forget spoons!</i>) |
| | <i>Try freezing or adding pureed fruit or granola</i> |

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