

# 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 each child to bring a nutritious snack and drink (100% juice, milk, or bottled water) once per month for their class on the date assigned by the Director. Each child will be assigned the same snack 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 on our website, 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. Snack time 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 **\$8.00** 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 or inform the Office. In many classes, a prayer or blessing is recited before Snack. 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 allowable snacks:

**Please no nuts or peanut butter in any class.**

## **Fruit**

Apples (Try with dip: cream cheese, fruit dip, hummus, whipped topping, caramel sauce).

Unsweetened Applesauce (individual servings with spoons)

Apricots (2 to 3) dried

Bananas (1/3 to 1/2) Try Banana Chips

Canned fruit in light syrup or water (1/4 cup)

Dates (1 to 2)

Dried fruit (1 to 2)

Fresh fruit (1/4 cup) (please cut into cubes 1/4 inch or smaller.)

Grapes (1/4 cup)

Mandarin oranges or peaches (1/4 cup)

Melons (cut in cubes) (1/4 cup)

Pears (1/4 cup)

Raisins or Craisins (2 T.)

## **Vegetables**

Ants on a log- celery with cream cheese and raisins (1/2 stick of celery with 1/2 T. cream cheese)

Carrots with dip (2 to 3) baby carrots

Sliced Cucumbers with dip

Dry roasted soy beans (1/4 cup)

Edamame (1/4 cup)

Vegetables (with dips, cottage cheese, humus) (1/4 cup with 1 T dip) Try sugar snap peas, cauliflower, broccoli with dip

## **Grain**

Blueberry, bran, or cornbread muffins ( 1/2 small or One mini size)

Bread sticks with 1 T. cheese or marina sauce (1each)

Gluten Free Rice Cakes (top with 1 T. fruit spread)

Whole grain toast with fruit spread, etc ( 1/4- 1/2 slice with 1 T. spread)

Whole Grain Waffles (1/4- 1/2 with 1 T. yogurt or fruit)

Naturally sweetened whole grain cereal (1/4 cup )- Cheerios, Corn Pops, Apple Jacks, Clifford Crunch

## **Dairy**

Angel food cake (1/12 slice)

Cheese (string cheese, cheese squares) (1/2 to 1)

Hard boiled eggs (1/2)

Low-fat cottage cheese (try adding fruit 1/4 cup)

Yogurt 1/4 cup (gogurt, yogos, etc...don't forget spoons! Try freezing or adding fruit or granola)

## **Boxed Snacks**

Animal crackers (1/4 cup)

Baked whole grain goldfish (1/4 cup)

Chex mix (1/4 cup)

Crackers: Graham crackers ,whole wheat saltines, baked ritz crackers, animal crackers, whole wheat ,whole grain cracker, Triscuits, All Bran brand crackers- Great with dips, spreads, cheeses (1/4 cup)

Naturally sweetened whole grain cereal (1/4 cup )- Cheerios, Corn Pops, Cheerios, Clifford Crunch

Popcorn (1/2 cup)

Pretzel sticks with dip (cheese, ranch dressing, yogurt, bean dip, mustard) - (1/4 cup)

Teddy grahams (1/4 cup)

All Bran Multi Grain Crackers/Fiber Bars (1/4 cup)

Cheese crackers (1/4 cup)

Snack mix (1/4 cup)- (Ideas: whole grain cereal, popcorn, banana chips, pretzels, raisins)

## **Protein**

Lean cuts of turkey, ham, pepperoni, etc (1 oz.)

Raw seeds (pumpkin seeds, sunflower seeds, etc)

Low-fat cottage cheese (try adding fruit 1/4 cup)

*REMEMBER: Your child’s stomach is only the size of their fist. Your job is to present a variety of healthy foods. It is your CHILD’S job to decide how much he or she wants to eat. Look at what your child eats over a week’s time, not just one meal. Many children go through “eating jags” and will only eat one food item.*

*Keep offering a variety of foods; this too shall pass.*

*This list was created with the guidance and approval of The Ohio State University- Family and Consumer Sciences (Nutrition and Food Safety Division). If you have any questions, please do not hesitate to contact the Preschool office. Thank you in advance for your participation and cooperation!*

*Updated 08/31/17*

# A Great Start Preschool Snack Policy



Appendix A to rule 5101:2-12-22

## Meal and Snack Requirements

The number of meals, snacks and/or breakfast provided by a licensed child care center shall be available as follows:

Center Hours of Operation	Meals and Snacks Available
4 to 8 hours per day	One of the following: <ul style="list-style-type: none"><li>• 1 meal and 1 snack</li><li>• 1 meal and breakfast</li></ul>
More than 8 hours and fewer than 14 hours per day	One of the following: <ul style="list-style-type: none"><li>• 1 meal and 2 snacks</li><li>• 1 meal and breakfast</li><li>• 1 meal and 1 snack</li><li>• 2 meals and 1 snack</li></ul>
More than 14 hours or overnight	breakfast, 2 meals and 2 snacks
After school for school children	1 snack

Note: No child shall go longer than 4 hours without being served a snack or meal, except when sleeping.

The content of meals, snacks and breakfast shall be selected from the following four basic food groups:

1. Meat or meat alternative
2. Breads and grains
3. Fruits and vegetables (juices may be used if 100% and undiluted)
4. Milk (fluid cow's milk) and dairy
  - a) 100% whole homogenized vitamin D fortified for children 12 to 24 months
  - b) 1% or skim homogenized vitamin A and D fortified for children over 24 months

Meal, snack and breakfast food group requirements:

Type of Feeding	Food Group
Meal (must provide 1/3 of the recommended daily dietary allowances as specified by the United States Department of Agriculture USDA)	All of the following: <ul style="list-style-type: none"><li>• 1 serving of fluid milk</li><li>• 1 serving of meat or meat alternative</li><li>• 2 servings of fruits and/or vegetables</li><li>• 1 serving of bread and grains</li></ul>
Breakfast	1 serving each from 3 of the 4 basic food groups
Snack	1 serving each from 2 of the 4 basic food groups

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*Updated 08/31/17*

# A Great Start Preschool Snack Policy



Appendix B to Rule 5101:2-12-22

## Portion Sizes for Meals

Meal	Component	Minimum Serving		
	Age of Child	1 & 2 years	3-5 years	6-12 years
Breakfast	Fluid Milk	½ cup	¾ cup	1 cup
	Juice/Fruit or Vegetable	¼ cup	½ cup	½ cup
	Grains/Breads/Dry Cereal	½ slice ¼ cup or ½ oz.	½ slice ¼ cup or ½ oz.	½ slice ¾ cup or 1 oz.
Meal	Meat or Meat Alternative	1 oz	1 ½ oz.	2 oz.
	Fruit Or Vegetable	¼ cup	½ cup	¾ cup
	Grains/Breads/Pasta/Noodles (cooked)	½ slice ¼ cup	½ slice ¼ cup	1 slice ½ cup
	Fluid Milk	½ cup	¾ cup	1 cup
Snack	Meat or Meat Alternative	½ oz.	½ oz.	1 oz.
	Fruit Or Vegetable	½ cup	½ cup	¾ cup
	Grains/Breads/Pasta/Noodles (cooked)	½ slice ¼ cup or ½ oz.	½ slice ¼ cup or ½ oz.	½ slice ¼ cup or ½ oz.
	Fluid Milk	½ cup	½ cup	1 cup

Additional information on meal preparation and nutrition may be found at:  
[http://www.fns.usda.gov/cnd/care/ProgramBasics/Meals/Meal\\_Patterns.htm](http://www.fns.usda.gov/cnd/care/ProgramBasics/Meals/Meal_Patterns.htm)

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