

## Daily Snacks

The Preschool wants to make sure that our young children are developing good nutritional habits as well as attaining the nutrients necessary for an optimum school experience. In collaboration with parents, staff and administration, the Preschool has refined the food policies for snacks, birthdays and parties. Recommended healthy snacks are listed below.

Parents are asked to bring snacks for the entire class two or three times during the year. Snack sign-up will begin at the Parents' Night. Teachers will communicate any noted food allergies of the students in the classroom.

### Healthy snacks that may be sent to school include:

-Fresh fruits served whole, sliced, cut in half, cubed, or in wedges.

Apples	Oranges	Pears
Bananas	Berries	Melon
Pineapple	Grapes-cut in quarters	
Plums peaches and nectarines – pitted and cut in half		

-Other fruit

Dried fruits such as raisins  
Canned fruits in natural juice or light syrup

-Vegetables (more appealing when served with a variety of dips and spreads). Examples Include:

Celery Sticks	Carrot Sticks	Fresh broccoli florets
Green, yellow and red peppers	Sugar snap peas Cucumbers	
Cherry Tomatoes – cut in half		

-Healthy Grains

English muffins	Rice cakes	Granola
Cereal bars	Whole wheat pretzels	Fruit or vegetable muffins
Fruit or vegetable breads		

-Other

Whole Grain Fig Newtons  
Applesauce  
Small pita bread sandwich with hummus  
Hard boiled eggs/egg salad mini sandwich

-Dairy

Yogurt (avoid high fructose corn syrup and sugars)  
String Cheese and Whole Grain Crackers

### Snacks to avoid:

Prepackaged and overly processed snacks  
Goldfish, Cheezits, Cheetos, or similar crackers  
Potato Chips, Fritos  
Cookies, Candy  
Lunchables  
Food with high fructose corn syrup  
Fruit snacks with high sugar content