

4 & 5's

4 & 5 Year old Snack Information and Policies

PLEASE NOTE: We do not allow peanuts or peanut products of any kind on the preschool campus, in snacks or lunches.

The Preschool staff appreciates the snacks you periodically send for your child's class. Snack time is an important part of our program. It is a time when a variety of skills are practiced and children learn about good nutrition and table manners. Below we have listed examples of snacks that we have observed children enjoy over the years.

The Preschool provides purified drinking water, napkins, cups, and any utensils necessary for the snack you send.

BREADS & GRAINS

Graham Crackers, rice cakes, vanilla wafers, cereal mix, bread, noodles, bagels, tortilla chips, fish crackers, muffins, fruit breads, pita bread, english muffins, corn bread, saltines and other crackers.

FRUIT & VEGETABLES

Apples, oranges, bananas, peaches, cantaloupe, watermelon, etc. or cooked applesauce. Celery, broccoli, jicama, cauliflower, cucumbers.

MEAT & DAIRY

Yogurt, cheese (cubes or slices) cream cheese, string cheese, yogurt dip, pudding, milk, cold cuts, cheese spread.

*****PLEASE TRY AND INCLUDE FOOD FROM AT LEAST 2 OF THE FOOD GROUPS.***

*****PLEASE CUT FRUIT/VEGGIES INTO SERVING SIZED PIECES.***

Remember: No Peanuts or Peanut Products

STORAGE

We do have a refrigerator in the Preschool Office. If the snack you send requires refrigeration please let your teaching team know and they will put in the refrigerator. Please send snacks in a labeled (with name and date) disposable container. If you cannot bring snack on a day you signed up for please do not be concerned. The Preschool maintains a supply of snack items.

BIRTHDAY SNACKS

Each teacher has their own procedure for celebrating birthday's in the classroom. Please check with your child's teacher regarding this.

ALLERGIES

IF YOUR CHILD HAS ANY FOOD ALLERGIES, PLEASE LET YOUR TEACHER KNOW. A LIST OF THE CHILDREN'S ALLERGIES IN THE CLASS WILL BE POSTED INSIDE A CABINET OF EACH CLASS. ALL CHILDREN WITH EPI-PENS OR SIGNIFICANT DIETARY RESTRICTIONS NEED TO BRING THEIR OWN SNACKS EACH DAY.

SNACK TIME PROCEDURES

- Snack tables are washed prior to snack set up
- Children and Teachers wash their hands prior to setting up snack
- Napkins, cups and snack items are passed out by the children (when children are developmentally ready) with assistance from a teacher
- Children with allergies or food concerns which require a special snack have places at the table which are clearly identified
 - All children and teachers wash hands prior to snack
 - A group blessing is said each day before snack
 - Children are encouraged to try the snack which is provided
 - Children learn to pour their own water/or snack beverage
- Children have opportunities to self-select and serve snack for themselves
- When 2 year old children are developmentally ready as decided by teachers and families, regular drinking cups are provided for fluids served during class
- Children are responsible to clean up their snack space by putting their trash in the trash can
- Teaching staff are encouraged to sit with the children during snack time