

Snack Policy

Appendix A

Below are suggested healthy snack foods:

Fresh Fruits- please wash, peel or slice for easy serving
(reminder – grapes must be cut to avoid choking)

Fresh Vegetables - please wash, peel or slice for easy serving

Fruit Squeezers/Applesauce cups

DelMonte, Dole or Motts individual fruit cups, cans or bowls

SunMaid raisins, Ocean Spray Craisins

Cheese: All kinds including Swiss, String, Cheese sticks cubes and shapes

Yogurt, GoGurt, Dannon Danimals, Stonnyfield Farm Yo Kids, Yoplait, Brown Cow

Birthday Celebrations

Appendix B

Again, even when celebrating birthdays, it is difficult to include all children in a celebration containing food, therefore, your child's teacher will provide you with information regarding their own individual policy regarding birthday treats given the particular make-up of your child's class. Some may choose to limit birthday treats to only non-food items, others may say only popsicles, others may allow more flexibility depending on the class make-up.

If providing food, since we know that is it not possible for everyone's home kitchen to be completely peanut/tree nut free, please do not send home-baked items into the preschool.

When looking at brands, please read the labels carefully and make sure that they do not contain peanuts/tree nuts or have been made on equipment/factories that handle peanut/tree nuts.

PLEASE REMEMBER THAT IT IS ALSO PERFECTLY ACCEPTABLE TO CELEBRATE WITH SOMETHING OTHER THAN FOOD