# SNACK GUIDELINES

Each parent will be responsible for bringing a snack to school periodically. The monthly calendar will notify the parents of their snack day. The snack must be nutritious, avoiding refined sugars and processed foods. Snack should emphasize fruits, vegetables, grains, and non-meat proteins

Snack time should be an enjoyable, social time when children learn about:

- **Good Nutrition**-from the food selections and by observing the adults eating nutritious foods
- **Self-Sufficiency** -by doing what they can to serve themselves
- **Table Manners-**by passing food, taking turns, asking for what they need and making sure there is enough for others at the table

Snack is a sensory and communal time. Eat, drink, converse, and be merry with the kids!

If you are not comfortable with the snack provided, feel free to bring your own.

**BIRTHDAYS** - No food please, school will provide a celebration

| SOME SNACK SUGGESTIONS | | |
|---|---|---|
| FRUITS/VEGETABLES | GRAINS/CEREAL | PROTEINS |
| applesauce | crackers | cottage cheese |
| sliced fruit- all kinds | bread | cheese chunks |
| carrot or celery sticks | tortillas | string cheese |
| cucumber slices | cereal/granola | nut butters |
| salad | trail mix | yogurt |
| fruit juice popsicles | corn bread/muffins | hummus |
| whole fruits | bagels | cream cheese |
| dried fruit | French toast | eggs |
| steamed vegetables | whole grain pasta | beans |
| smoothies | whole grain pancakes | soy tempeh |
| vegetable soup | oatmeal | lentils |
| seaweed | quinoa | seeds |
| baked whole sweet potatoes | whole grain rice | edamame |