



## **Snack Day...We are what we eat!**

### **Preschool 3's and 4's**

Each family in the 3's and 4's will be asked to bring snack 2 to 3 times throughout the school year. Each child will be assigned their snack day, and this will be available in the monthly calendar. If your child's birthday falls during the school year, a birthday snack day will be assigned. On your child's snack day, you will provide snack for the entire class.

Please bring the following items on your snack day:

- 1 roll of paper towels
- 2 gallons of water
- NON-Styrofoam 6 - 8oz. cups. NO mini dixie cups please!
- A NUTRITIOUS snack that includes fruits and vegetables. Portions must be child appropriate.

Snack:

- Please send the snack READY to SERVE, but snacks DO NOT need to be individually bagged! Teachers cannot spend valuable teaching time preparing for snack.
- Please let us know if you are unable to bring snack on your assigned day. We will make a switch.
- If you forget to bring snack on your designated day, please provide a replacement snack to be stored in the cupboard or freezer for future use.

Quantity:

- T, Th 3's please bring snack for 35. This gives us a few extra in case someone is really hungry.
- M, W, F 4's please bring snack for 45.

## Healthy snack suggestions:

- Fruits - fresh, dried, or frozen
- Vegetables - fresh
- Meats - beef sticks, jerky, salami, lunch meat
- Cheeses - there are many options other than cheese sticks
- Homemade breads, muffins, healthy cookies, bars, granola bites
- Mini roll ups, mini bagels
- Popcorn
- Gogurt (ONLY FROZEN)
- Crackers or other fun bite sized snacks

Please let your child be a part of their snack day. Snack time is very special for the child who prepares it and very necessary for the hungry body that shares it. It can be fun to take your child to the store and let them pick out items for their snack. Or help bake or prepare items at home.

We don't expect every family to have time to prepare a fancy snack, but if you enjoy making things fun, here are a few suggestions:

- Bring items that begin with the letter of the week.
- Bring items that are the color of the month.
- Create something fun with the food but remember we are little, and toothpicks and skewers might not be easy or safe.
- Make a family recipe or something that is special and significant to your child.

Here are a few items that we seem to get on a regular basis that the children tire of:

- String cheese
- Goldfish crackers
- Little carrots

## Birthdays:

- We will sing, celebrate, and have a special day for your child. Homemade muffins or breads are welcome. Also, fruit, yogurt, or ice cream is fun. We would ask that you please refrain from the store bakery items with mounds of frosting. We eat snack around 10:45am and children do not desire an extremely sweet snack at that time.

## Allergies:

- We are NUT FREE! Please no PEANUTS, PEANUTBUTTER or NUT PRODUCTS of any kind. We have students with severe allergies, and we want everyone to feel safe!