

SNACKS

Families will take turns on a rotational basis in supplying snacks for their child's class. In some cases, teachers may choose to have children bring their own snack. Also, each child should bring a reusable water bottle daily. Monthly calendars, sent home in advance and available on our website, identify whose turn it is to bring snack. **Snacks may not contain peanuts or tree nuts or be processed in a facility which processes nuts/nut products.** Please read ingredient labels. **Foods containing nuts/nut warnings will be sent home.** A list of nutritious snacks is included in this handbook for your guidance. Please send in a nutritious snack and water, as we are committed to following healthy nutritional guidelines and to adhering to state regulations regarding children's nutrition. **Please send snacks in their original sealed packaging** as ingredients need to be monitored for those children with food allergies. Children with multiple/serious food allergies should have snack sent in from home. These snacks can be kept in the classroom for your child and used in place of the shared snack. Additionally, children with food allergies may be placed at a safe table and other children asked to join on a rotating basis. For severe allergy situations, additional food items may be added to the unacceptable snack list or an approved list provided. Please contact your child's teacher for details.

Chapel School is located in a place shared with the programs of Christ the King Lutheran Church. Although Chapel School is a "nut free zone" we cannot guarantee that the space your child enters has been nut free. The tables and chairs are wiped on a regular basis, especially before and after snack. The toys are sanitized one time per week. If you have additional concerns, please see the director.

SUGGESTED IDEAS FOR SNACK

FRUITS:

All fruits and vegetables must be sent in whole (uncut) or purchased pre-sliced and brought to school in its store packaging (ex., fruit tray, bags of sliced apples). Unsweetened applesauce and canned fruit packed in water are fine. Children under 4 years of age must have grapes cut. Administrative staff is available to cut all types of fruit at school.

VEGETABLES:

Carrot chips or petite baby carrots, green pepper, cherry tomatoes, cucumbers, mushrooms, broccoli, celery.

DIPS:

Yogurt & herbs for veggies, salad dressing, cottage cheese, yogurt for fruit, salsa for tortilla chips.

FINGER FOODS (Additional Fun Stuff):

Chunks of cheese, string cheese, Whole grain bagels (need to be nut free and come from a facility that does not handle nuts – read label please), Whole grain goldfish, Robert's American Gourmet: Pirate's Booty, Veggie Booty, Tings, Smart Puffs, Soy Crisps, Kashi TLC Crackers: any flavor, Wheat Thins and Triscuits by Nabisco, Calbee Snapea Crisps, Yogurts that are low sugar/natural sugars – (Stonyfield has good choices for this), Tortilla chips by Guiltless Gourmet, Green Mountain Gringo, Tostitos, Smartfood Popcorn (3 and 4 year olds only), SunChips, original flavor, Cheerios (not Honey Nut Cheerios) and Purely Os by Cascadian Farms, Honey Maid graham crackers and graham snacks, Market Basket mini muffins, cheese pizza from Little Caesars or Unos.

We do not use peanut butter, or nuts of any kind. **Popcorn is not to be shared with children under the age of 3 years** due to the safety hazards it can pose for young children; especially choking and allergic reactions.

BEVERAGES:

Bottled spring water or a gallon jug of water. Each child is also to bring a reusable water bottle each day.

In general, to encourage healthy food choices in young children, choose foods as close to their natural state as possible. Avoid highly processed foods and foods that are high in fat, salt and sugar content. Healthy food habits can be established in the pre-school years when children are eager to try new foods (and there are plenty of interesting and nutritious foods to choose from!). Children are often more receptive to new foods when they are involved in the preparation process, as well.

Modified and CREDITED TO:

Hanover Day Care Center, Hanover, NH 03755

The Division of Public Health Services
Health & Human Services Building
6 Hazen Drive
Concord, NH 03301

Ideas from:
Chapel School
3 Lutheran Drive
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