



Snack Guidelines

2023-2024

When the students sit down at the tables for snack, it's more than just a time to eat. It's also a time to learn social skills, table manners, and about healthy eating. Snack time is an opportunity to enjoy a mini meal with friends, sharing experiences and stories. Students are taught to use polite manners when eating or asking for food/drinks, and learn to be responsible by cleaning up their own spots after snack.

Snack Guidelines

Each student has a scheduled day to bring in the snack and drink. On the student's scheduled day, he/she is the Star Student of the day. The students love to have the honor of being the Star Student!

Because we approach snack as a mini meal, it is important to provide healthy, nutritious options. Snack should also include a drink. **Snack items must be store bought including full labeling information, sealed and unopened. No homemade or home-prepared food will be allowed.**

Some class favorites have included:

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|-------------------------|---------------------|
| * Applesauce pouches | * Cheese sticks |
| * Pretzels | * Crackers |
| * Packaged apple slices | * Apple juice |
| * Fruit snacks/flats | * Popcorn |
| * Cookies | * Squeezable Yogurt |

Snacks should never include:

- * Nuts/peanuts
- * Food dyes such as #40 (fruit punch or red juice)
- * Soda

Birthdays

For your child's birthday, a favorite treat, such as ice cream cups or cookies may be shared with the class. **Please do not send in red juice or soda.** All treats brought into the classroom are to be peanut free and should include full labeling information.

Allergies

If your child has allergies, please notify the classroom teacher or school director immediately. For more information, please read our Food Allergy Policy.