

Snack Ideas

Snack time is an important part of our preschool morning. It is a time for fellowship, prayer, community, and an opportunity for your child to try some food items they might not try elsewhere. Please remember:

- All snack items must be store bought, and delivered in original packaging.
- Any vegetable or fruits which need slicing or cutting must be washed and prepared on site. So please do not pre-cut/slice at home. Pre-packaged sliced fruit/veggies is fine.
- We encourage healthy choices. Please NO chips, candy, cakes, fruit snacks, sugary popsicles, junk food, etc. (Your teacher has great suggestions for birthdays!)
- Please choose two items. Each item should come from a different food group.
- Please bring enough for your child's class as well as two teachers.
- Variety is appreciated by both teachers and the students ☺

The following are only some suggestions. We welcome new ideas and food choices.

FRUIT & VEGETABLES

melon
oranges
berries
dried fruit
bananas
pineapple chunks

pickle slices
carrot sticks
cucumber slices
cherry tomatoes
broccoli
cauliflower

apples
sugar-free fruit sauce
pears
sugar snap peas
dried snap peas

GRAINS *CHECK FOR NUT-FREE

fish crackers
crackers, pretzels
mini whole grain muffins
granola
finger sandwiches the children can put together
fruit breads such as banana bread
bagels
rice cakes

PROTEIN

bean dip
hummus (unless sesame allergy)
cheese squares, string cheese
yogurt, cottage cheese
ham, turkey, salami or bologna slices



PLEASE DO NOT BRING: GRAPES, HARD BOILED EGGS, ANY FOODS CONTAINING NUTS OR MANGOS