

Some Snack Suggestions for Preschool

Morning children will be assigned a turn (about once a month) to bring a snack and drink for the class. I will send home our snack box the day before your turn as a reminder. Please send a snack and beverage to serve 10 (Squirrels) or 12 (Raccoons) children. We have cups and napkins, so you won't need to send these. Please be sure to have the snack ready and mix up the juice before coming to class. Please keep serving sizes small, and try to send "finger foods" which will be easy to serve, easy to eat, and easy to clean up.

Because of County Health Department regulations, we are limited to commercially packaged or processed snacks, and cannot have any homemade cookies, or other home cooked foods. This is a safety precaution due to hepatitis concerns in Oregon. Please be aware of this, and be especially careful when putting together your snack! Handwashing is the best precaution against spreading disease. We will also be talking about the importance of careful handwashing at school, when handling and serving foods.

The book, 'Taming the Candy Monster' has lots of good ideas for nutritious treats. I am not limiting you to sugarless snacks, because I feel that a 'goodie' once in awhile is alright. However, let's all remember that we are also teaching the children some important lessons in nutritious eating habits for their future good health!

The following are ideas to get you started, but please keep it simple. The children really look forward to their turns to bring a snack from home, so please be sure to involve your child in the selection of the snack. Sending your snack in individual baggies is also helpful, so that they can take the rest home, if they can't finish all of it.

NO CUPCAKES, PLEASE!!! With the rich, sticky frosting, they rarely eat much of it, and the crumbs go everywhere, so we end up throwing most of it away or cleaning it off the carpet.

* 100% juice or milk . Fruit beverages, boxed drinks and "sport drinks" are mostly sugar, so we are trying to avoid these. We always have ice water in our water cooler for the children.

- *fish crackers are probably their all-time favorite snack choice
- *popcorn by itself or mixed with marshmallows, candies, raisins, pretzels
- *Small muffins or unfrosted tarts, for birthdays or special occasions
- *crackers or bagels with: cheese, peanut butter, cream cheese, squeeze cheese

*"gorp" also called "hiker's mix", any combination of bulk foods, cereals, granola, chocolate chips, raisins, coconut

- * granola bars, crackers, packaged cookies or cut up donuts or nut breads
- *fresh fruit either in chunks, slices or a variety in a cup, or just fresh fruit that I can cut up when it's snacktime

- * sunflower seeds, granola or cereal in a cup or baggie, (these are fun, the kids love having their own serving, and we sometimes take them outside for a picnic on nice days)

- *sandwiches cut into quarters-(I'll let you know if we have peanut allergies in your class)

- *raisins, dried fruits, fruit snacks or fruit leather

- *carrots, celery sticks, cauliflowerets or cucumber slices with: dips, peanut butter, cream cheese

- *kabobs-canned or fresh fruit or cheese chunks on a toothpick or wooden skewer

- *TV mix, a combination of cereals-see recipe on Chex boxes

- *string cheese or cheese slices