



Snack Time in Our PreK3 Class



Bring to school:

Lunchbox/bag with ice pack & a reusable water bottle

(All 3 items should be **clearly labeled** on the **OUTSIDE** with child's full name!)

Snack Time:

Please pack a simply but **healthy** snack. State regulations require each snack to include at least 2 food groups. For example, a banana and goldfish or a yogurt with snap peas. *We kindly ask that you refrain from high sugar, unhealthy choices (cookies, cupcakes, potato chips, etc.).* We are unable to refrigerate or heat food.

Practice, practice, practice:

At home, your child should **practice opening & closing** their lunchbox, their water bottle, and any snack containers you may use to package their food ("snap" closure Tupperware, reusable pouches or Ziploc bags)!

Encouraging independence:

Snack time is a great time to practice self-help skills, such as opening their own granola bar, twisting the top off an applesauce pouch, peeling their own banana! Children will be encouraged to do this on their own so, if you do not think they are ready, **begin practicing this summer**. Be mindful of the level of difficulty in opening whatever snacks or packaging you send in. Anything that needs to be cut up, should be done so at home. All **prepackaged food should be "snipped" open** at home for easy opening at school.

KNS IS NUT-FREE! NO PEANUTS, PEANUT BUTTER, NUT BUTTERS OR TREE NUTS!

Please check the snacks you are sending into the school closely. Look at both the ingredient list and the warning labels for tree nuts and/or peanuts. If the label says "may contain peanuts/tree nuts", "may contain trace amounts of peanuts/tree nuts" or "produced on shared equipment with peanuts/tree nuts", it is **NOT** safe to send the item into our classroom (this applies even if your child has no allergies)!



Healthy Snack Ideas

(Just suggestions! You are not limited to these!)

Dairy: Yogurt, cheese sticks, cheese cubes, milk, cottage cheese

Protein: Rolled up deli meat, hummus, chickpeas, sunflower kernels, hard-boiled egg

Fruit/Veggies: Apple slices, applesauce, oranges (peeled), bananas, grapes (cut in 1/2), cucumber slices, pepper strips, strawberries, green beans

Grains: Graham crackers, Wheat Thins, Ritz crackers, Teddy Grahams, pretzels, Goldfish, animal crackers, banana bread, zucchini muffins, dry cereal (Cheerios, Golden Grahams)

