



## **Weekday Preschool Snack Guidelines**

Snack time at Weekday Preschool is used as a time for teaching. Children learn to express thankfulness, to try new things, and are exposed to foods from other cultures. They learn vocabulary, shapes, colors, textures, helping, math concepts and more. We try to offer a variety of foods, recognizing the different tastes, cultures and experiences of our preschoolers and their families. We feel it is important to get children started on the right foot for a lifetime of healthy eating habits.

1. Please bring purchased snacks in *unopened original packaging*. According to the Department of Children and Family Service regulations, food served to children in a licensed facility may not be prepared in private homes.
2. Everything, including commercial bakery items, must have an ingredient label. In case of allergic reaction, this information is extremely important.
3. Think small. One large apple or orange will usually serve two children. Count the teachers and a few extras in case of accidents. This is a snack, not a meal.
4. Bring commercially prepared veggies. Please do not cut up fruit or veggies at home. We will slice apples, oranges, etc, here.
5. Please take home or give away anything left at the end of the day. We cannot save left-over items.
6. Please bring the snack that is listed on the snack menu. Make a note of the dates and the snacks you are responsible for. If you forget snack on your day, bring in a box of pretzels on your next day to replenish our emergency supply.
7. If you cannot bring the assigned snack for any reason, please inform the teacher and pick something else from the approved snack calendar.
8. Please discuss special dietary needs with the teachers and director. You may leave alternative snacks.
9. We will serve cold water from our classroom refrigerators. You do not need to bring in bottled water.

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**\*\*\* Birthday Policy \*\*\***

You may bring birthday napkins, cups, or plates if you wish. Yogurt pops, juice pops, small cupcakes, cookies or fresh fruit are usually popular. (Remember to look for an ingredient label. Some bakeries need to be notified in advance to include an ingredient label.) Please, do not expect the teacher to host your child's birthday party. The class may sing, blow out candles, and enjoy a small treat. We cannot accommodate a cake that needs to be cut or cake and ice cream. Our time with the children is precious and well planned. You are more than welcome to join them for snack time or to read a special story. Please talk with your child's teacher.

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Here are some children's books you may be interested in on your next trip to the library -

- Armadillo's Orange, by Jim Arnosky
- Eat Healthy, Feel Great, by William Sears
- Eat Your Peas, Ivy Louise, by Leo Landry
- Gobble It Up, by Jim Arnosky
- Little Lumpty, by Miko Imai
- Oliver's Fruit Salad, by Vivian French
- Oliver's Vegetables, by Vivian French