

New Morning Nursery School Snack Guidelines

Food is an important part of our lives and snack time is a happy part of the day at New Morning. Children are excited when it is their turn to bring snack and are acknowledged for their contribution to the classroom. We don't all eat the same things and sharing food is another way to learn about each other and the larger world. You might be surprised by what new foods your child will try away from home.

As an accredited and licensed school, we are required to provide healthy snacks for our children based on guidelines recommended by the Child and Adult Care Food Program. Since parents provide all of the snacks, we rely on you to make sure the snack you bring is a healthy one. Please provide a fruit or vegetable (category one) **AND** at least one item from the other two categories (grains/breads/crackers or meat/meat alternative).

Snack Food Categories:

	<u>Minimum Snack Serving</u>
❖ Fruit/Vegetable fresh fruit/veggie, edamame	½ cup
❖ Grains/Bread/Crackers (must be made with whole grain, or enriched meal or flour) bread (pumpkin, banana, zucchini counts as a grain) corn bread, muffin, bagel dry or cooked cereal pasta corn chips	½ slice ½ piece ¼ cup ¼ cup ¼ cup
❖ Meat/Meat Alternative Meat cheese cooked beans, peas yogurt soy nut butter (please label as soy-nut butter)	½ ounce ½ ounce 1/8 cup 2 ounces 1 ounce

Some foods do not contain enough nutritional value or are too high in sugar, salt, or fat and therefore do not qualify as a snack food according to the CACFP. If you choose to send any of the items listed below they need to be accompanied by a fruit or veggie and one other item from the other two categories listed above. Popcorn is a choking hazard and is discouraged, especially in the Willow Room. The following items are not considered as a healthy snack:

- Fruit/Vegetable** – fruit snacks, gummies, jam, jelly, preserves, jello, popsicles, veggie straws, veggie booty, veggie chips, potato chips
- Grains/Breads/Crackers**- veggie or cheese booty, puffs, chips, popcorn
- Meat/Meat Alternative** – jerky, imitation or processed cheese, cream cheese, Neufchatel, tofu, tempeh

Beverages: We prefer to serve water with snacks. Fresh drinking water is always available in the classrooms. If you want to provide a beverage please bring one gallon of low-fat or no-fat pasteurized milk, unless milk is banned from the classroom because of a severe dairy allergy.

Snack Preparation: All snacks should be in ready-to-serve condition. Please help your child's teacher spend more time with the children by following these tips to make a ready-to-serve snack:

- Please unwrap cheese sticks ahead of time or send them in a bulk pack
- Wash all fruits and vegetables.
- Slice everything: cheese, apples or oranges into easy to serve pieces, cut grape stems into portions, peel oranges or cut into wedges, peel part of the tangerine rind to get it started, cut bagels in half (spread ahead of time), cut home baked breads into individual portions

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- If you have something that needs to be put into individual bowls or containers (hummus, veggie dip, bulk yogurt), please do it before you leave. We have individual portion containers available in the office, along with knives and colanders for slicing and washing
- Please send yogurt in larger bulk container instead of individual tubes, and spoon into portion cups
- We provide cups, napkins and utensils if needed.

Here are some snack combination suggestions:

- Fruit or raisins and cheese or yogurt (yogurt covered raisins only counts as a fruit)
- Fruit kabobs and crackers
- Fruit/veggie with cereal and milk
- Fruit/veggie and humus or other kid-friendly nut free dip
- Fruit/veggie with muffins or breads, banana, carrot, pumpkin, and/or cheese
- Fruit/veggie and whole grain crackers and/or cheese
- Fruit/veggie with whole grain or corn chips and salsa
- Fruit/veggie with bagels and/or cheese
- Fruit/veggie and trail mix, gorp, snack mix (containing healthy ingredients)

What it means to be a nut-free school

- All snacks should be sent in their original packaging, or accompanied by the recipe
- Read all package labels, never send a snack to school containing peanuts, tree nuts, nut butter, or nut oil; or that is produced in a facility or on shared equipment with peanuts or tree nuts
- Never send a lunch to school containing peanuts, tree nuts or nut butters
- Never bring food to a school function that contains peanuts, tree nuts or nut butters
- Do not allow your children, including siblings, to eat items containing peanuts, tree nuts or nut butter in the school environment during drop off or pick up
- Always prepare snacks on a clean, nut-free surface (when cutting fruit, cheese, etc.)

Students in classrooms with allergic children will receive more specific information about the allergy to assist their families in preparing healthy safe snacks. If your child has a food allergy please contact the director immediately so a plan can be made to assure your child's safety and your peace of mind. This year in addition to nuts (peanut and tree nuts including pine nuts) we have the following food allergies:

Birch Room: MWF - tree nuts, peanuts, sesame, egg, fish
TR – dairy intolerance, we will serve only water as a beverage

Willow Room: none

Oak Room: AM – none
PM – tree nuts, peanuts

Thank you for helping us provide healthy snack for all of our children and for helping our students with food allergies have a safe snack time.