



# Snack Time!

## What is the difference between a treat and a snack?

A *snack* provides some nourishment between meals that helps feed our minds and bodies. Snacks are a part of every class at Ready, Set, Grow! Preschool. Snack gives us the opportunity for a variety of learning experiences. For example, trying new foods in a group setting can help children expand the repertoire of foods they eat, and seeing their teacher sit and eat with them helps them learn healthy eating habits and table manners. We ask that you pack a small snack for your child for each school day.

A *treat* is something for special occasions. For example: Cupcakes at birthday celebrations or cookies at holiday parties. Please do not include any treats in your child's snack for school.

*\*\*For the 2019-2020 school year, all of our classrooms will follow a nut-free policy, including peanuts and tree nuts such as cashews, almonds, and walnuts. Please see the following page for more information.*

## Nutritional Snack Suggestions and Ideas:

Fresh Fruit	Whole Wheat Bread	Cheese
Carrots and Celery Sticks	Nuts	Pretzels
Yogurt	Applesauce	Graham Crackers
Fruit Cup	Whole Wheat Crackers	Popcorn
Hard-boiled Eggs	Raisins	Cottage Cheese
Cereal	Pizza slice	Wraps
Half a sandwich	Pudding	Pasta
	Granola Bars	Dried Fruit

Items not allowed at snack time:

Candy	Drinks other than water
Cookies	Lunchables that include treats
Cake/ Cupcakes	Any item containing nuts

## **Nut Free Policy**

Allergies to a variety of foods, especially peanuts and nuts are becoming more common. We are committed to the safety of all of our students, so we will be implementing this policy of **strict avoidance of NUT AND PEANUT products within our school**. Strict avoidance is the best way to prevent a life threatening allergic reaction. The goal of this policy is to create an environment that will reduce the risks to children with peanut/nut allergies. To this end, we need everyone's assistance.

If a susceptible student is exposed to peanuts or nut products through ingestion, skin exposure, airborne or cross-contamination, he/she may develop a life threatening allergic reaction that requires emergency medical treatment. The life threatening reaction is called **anaphylactic shock** and can cause difficulty breathing, itching, unconsciousness and possibly death.

### **In order to keep our children safe at snack time, we will follow these policies:**

- We ask that parents read food labels and do not knowingly send in any nut, peanut, or peanut oil containing products for your child to eat during *l snack* in any classroom. ANY exposure to nuts or peanuts through contact or ingestion can cause a severe/life threatening reaction.
- If your child has eaten peanut or nut products prior to coming to school, be sure your child's hands and face have been thoroughly washed prior to entering the school grounds.
- The teacher will, on a daily basis, preview and monitor the children's snack products for peanut or nut products.
- There are many items that include peanut or nut products, but do not present as a nut product, so please read labels.
- If your child brings peanut or nut items to school the teacher will remove those items from the snack. Your child will be offered a healthy alternative and you will be notified.
- The school will not serve or provide food to children if that food has been made in a factory that processes peanuts, nut products, or states that the product may contain nuts or nut products.

We appreciate your help to make our school safe! If your child wants an alternative to nut butter, both soynut butter and sunflower seed butter make decent alternatives.