



SNACK GUIDELINES AND IDEAS

At Paddington, snack is shared and provided by one family each class period on a rotating schedule. All snacks need to be store-bought. We cannot accept any homemade snacks. Fresh fruit and vegetables are great for snacks, but, must be washed at Paddington in the sink in the Big Room by the family supplying the snack or come washed, cut-up and prepared by the grocery store. Your help in providing healthy snacks is appreciated.

Ideas for healthy snacks include:

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| • Fresh Fruits | • Rice Cakes or Rice Crackers |
| • Dried Fruits | • Multigrain or Regular Cheerios |
| • Frozen Mango or Frozen Peaches | • Multigrain Crackers |
| • No-Sugar-Added Fruit Cups | • Whole Wheat Tortillas |
| • Unsweetened Applesauce | • Rice Cakes or Rice Crackers |
| • Bell Peppers | • Tortilla Chips and Guacamole |
| • Fresh Vegetables | • Wholegrain Cereal Bars |
| ✓ Carrots | • Yogurt |
| ✓ Cucumbers | • Cottage Cheese Cups |
| ✓ Bell Peppers | • Babybel Cheese |
| • Wholegrain Mini-bagel with Cream Cheese | • String Cheese Sticks |
| • Pita and Hummus | • Nilla Wafers |

Sugary and salty treats such as candy, cookies, cupcakes, cakes or chips are allowed for special celebrations only:

We allow birthday celebrations in the classroom. Treats must be store-bought and enough for each child in the classroom. **Think small** (example) – **mini-cupcakes** are a better choice than large cupcakes or an entire large cake.

Choking Risks:

Please avoid all hot dogs, nuts and seeds, small pieces of meat or cheese and gum.

Allergies:

Due to children with allergies, **we do not allow any peanut or tree nut products** in our classes. These include peanut butter, peanuts, and products made with peanut oil, etc.; AND all tree nuts such as walnuts, pecans, coconut, etc. Please check all labels. We also cannot accept snacks that have been **processed** in a plant or facility with nuts of any kind. Nor can we accept snacks that **“may contain traces.”**