

INDIVIDUAL SNACKS

- 1.) As a policy, parents are encouraged to send snacks to school that are considered a **healthy snack**.
- 2.) All snacks eaten in the classroom should be safe for all children. It is the parent's responsibility to communicate and educate teachers as to what their child should **not eat** or **drink**.
- 3.) Snacks need to be eaten only by the child for whom it is intended. Children will be directed not to share their snack with peers.
- 4.) Please do not send any items that contain traces of tree nut or peanut oils.

SHARED SNACKS

(For example— birthdays, holidays and celebrations.)

The sending of food treats, or any kind of treat is not necessary. Y preschool recognizes each birthday/celebration in various ways that do not depend on food or toys.

Shared treats (NOT RECOMMENDED), such as cupcakes or other high sugar content products will be handed out at the end of the day; thereby, giving parents a chance to decide whether or not it is to be eaten by their child.

Please contact your child's teacher before you bring anything into the classroom. The YMCA encourages all parents to talk with their children when they are presented with a product that is not considered acceptable by their family.

Additional information can be found at **choosemyplate.gov** and **familyfun.com**



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EATING GOOD FEELS SMART AND STRONG

LUNCH AND INDIVIDUAL SNACK RECOMMENDATIONS



INDIVIDUAL SNACKS

The YMCA provides 100% Juice with snack.

Research supports the following guidelines when choosing a healthy snack.

- ♦ Free of trans fats/hydrogenated oils
- ♦ Low in added sugar
- ♦ Contains whole grains

FRUITS & VEGETABLES

- ♦ Fresh fruit
- ♦ Dried fruit
- ♦ Fruit sauces or fruit cups
- ♦ Raw vegetables

GRAINS

- ♦ Whole grain bread
- ♦ Whole grain tortillas
- ♦ Whole grain bagels
- ♦ Whole grain crackers
- ♦ Whole grain cereal

Please check to make sure these items do not contain or use tree nut or peanut products.

LUNCHES

Need to be **non-refrigerated** but you can pack an ice pack to keep items cold. Minnesota State Licensing requires that lunches brought from home include three items from the 4 majors food groups (meat, grain, vegetable and fruit and milk) to ensure a balanced meal. The YMCA provides milk during lunch. Please ensure that your child's lunch meets this requirement.

OTHER TIPS

- ♦ When packing lunches make sure the items are child friendly to eat and unpack.
- ♦ To avoid choking, cut items lengthwise, soften hard vegetables and cut into strips, cut grapes and other like items into small pieces. Freeze yogurt tubes overnight.
- ♦ Please check to make sure these items do not contain or use tree nut or peanut products.
- ♦ Healthy non-refrigerated lunch ideas can be found at **choosemyplate.gov** and **familyfun.com**

SHARED FOOD TREATS

(Pre-packaged with a contents label)

- ♦ Applesauce or other fruit cup
- ♦ Frozen fruit juice bars
- ♦ Oranges or Clementines
- ♦ Pretzels
- ♦ Trail Mix
- ♦ String Cheese
- ♦ Pre washed, pre-packaged, ready to eat from the store fruit tray or vegetable tray.

SHARED NON-FOOD

- ♦ Books
- ♦ Games
- ♦ Puzzles
- ♦ Stamps
- ♦ Balls
- ♦ Bubbles
- ♦ Pencils
- ♦ Stickers
- ♦ Erasers
- ♦ Bookmarks
- ♦ Temporary Tattoos
- ♦ Photo Frames