

FAQ ABOUT KINDERGARTEN SNACKS

Can my child bring a snack to school?

Definitely! Sometimes it's hard to concentrate when your tummy is rumbling. We will have a 10-15 minute snack break.

What snacks can my child bring in?

Children will only be allowed to bring in healthy snacks. **Due to food allergies, students may not bring in snacks with peanut or nut products in classrooms where there are students with peanut allergies.**

Here is a list of acceptable snacks:

Fruit

Pretzels (no peanut butter)

Vegetable

Dry cereal

Cheese sticks

½ sandwich (no peanut butter)

Crackers (no peanut butter)

Water bottle

Nutrigrain /cereal/breakfast bars (no peanuts, almonds, cashews, pecans, walnuts)

How do I package the snacks?

Please send things that are already peeled, easy to eat, and can be disposed of quickly. In order to make clean up quick and easy, all snacks should be in a container or plastic bag labeled with child's name and snack, for example "Jen Smith's snack".

Why do I label the snack?

Snacks need to be labeled for two reasons;

- To identify each child's snack
- To tell the difference between packed lunches and snacks

Can students share snacks?

Students at this age enjoy sharing, however due to health concerns sharing of snacks will not be permitted.