

**PERRY HALL CHILDREN’S CENTER, INC.  
SNACK AND DRINK LIST**

As part of nutrition education for our children, we hope to help them develop a lifelong habit of choosing healthful snacks and drinks. Here are some suggestions to help you when it is your turn to bring snacks or drinks. The school provides napkins and plastic utensils for snacks, if needed.

PHCC is a **NUT FREE SCHOOL** and has implemented a strict “No Nut” snack policy for the entire Preschool. “No Nut” means that any foods containing peanuts and/or tree nuts or foods that have been processed with trace amounts of these substances should never be brought into the preschool. If your child has a nut or food allergy, we encourage you to discuss this with your teacher and check the snack each day to be certain your child can eat it.

**When it is your family’s turn to bring in a snack, please be sure to READ ALL PRODUCT LABELS carefully before purchasing and bringing any item into the preschool even if that item is on the list below.** It is suggested that the snack parent bring 1 food item that is carbohydrate and 1 food item that is a protein. If you bring perishable foods such as milk products, eggs, or meats, please remember to place them in the refrigerator upon your arrival to school.

**BEVERAGES**

Milk (White, 1% or 2%)

100% Fruit Juice Box or Honest Kids Organic Juice Box (Apple, Grape, etc) – **NO ASPARTAME OR ARTIFICIAL SWEETNERS**

Water (small bottles)

**BREAD/CEREAL**

Whole Wheat Bread or Raisin Bread

Bagels

Box of Cereal (Cheerios, Kix, Chex, etc.)

Crackers (Wheat Thins, Triscuits, Ritz, etc.) Graham Crackers/Teddy Grahams

Rice Cakes

Pretzels

Crackers (Cheddar-Goldfish, Cheese Nips, etc.), Animal Crackers, Nilla Wafers, Fig Newtons

**NO** Popcorn

**VEGETABLES** (washed and sliced if needed)

Baby Carrots, Celery, Cucumbers, Bell Peppers, Sliced Cherry Tomatoes

**FRUITS** (washed and sliced if needed)

Fresh Fruit (Apples, Bananas, Peaches, Sliced Grapes, Berries, etc)

Packaged Fruit (Applesauce, Mandarin Oranges, Peaches, etc)

Dried Fruit (Apples, Raisins, Craisins, etc)

**DAIRY**

Cheese (Sliced, cubed, shredded, string cheese)

Yogurt (containers, tubes, drinkable – **NO ASPARTAME OR ARTIFICIAL SWEETNERS**)

Whipped Cream Cheese, Hummus, Vegetable Dip

**TREATS (FOR SPECIAL OCCASIONS/BIRTHDAYS)**

Ice Cream Sandwiches/Bars/Cups

Fruit Snacks

Jell-O Cups or Pudding Cups

Birthday Cake/cupcakes

Donuts

If you have a question about a snack idea, please consult with your child's teacher.

Suggestions developed from "The Carried Lunch", State of Maryland Department of Health and Mental Hygiene, Preventative Medicine Administration Division of Nutrition in cooperation with the Health Education Center. DHMH #233, 12/75