



## Suggested Snack + Drinks

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  
I 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

Water (small bottles)

**NO ASPARTAME OR ARTIFICIAL SWEETNERS**

#### BREAD and CEREAL

Whole Wheat Bread or Raisin Bread Bagels

Crackers (Cheddar-Goldfish, Cheese Nips)

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

Animal Crackers

Crackers (Wheat Thins, Triscuits, Ritz, etc.)

Nilla Wafers

Graham Crackers/Teddy Grahams

Fig Newtons

Rice Cakes

**NO Popcorn**

Pretzels

VEGETABLES

*Pre-washed and sliced if needed*

Baby Carrots  
Celery

Cucumbers  
Bell Peppers

Sliced Cherry Tomatoes

FRUITS

*Pre-washed and sliced if needed*

Fresh Fruit

Apples  
Bananas  
Peaches  
Sliced Grapes  
Berries

Packaged Fruit

Applesauce  
Mandarin Oranges  
Peaches

Dried Fruit

Apples  
Raisins  
Craisins

DAIRY

Cheese  
Sliced  
Cubed  
Shredded  
String Cheese

Yogurt

Containers Tubes  
Drinkable

Whipped Cream Cheese

Hummus  
Vegetable Dip

**NO ASPARTAME OR ARTIFICIAL SWEETNERS**

TREATS FOR SPECIAL OCCASIONS and BIRTHDAYS

Ice Cream Sandwiches  
Bars or Cups

Fruit Snacks  
Jell-O Cups  
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*