

Preschool Class Snack Policy

Preschool parents are asked to provide nutritious snacks for All God's Children about four to five times during the year. Snack days will be assigned by the teachers and posted on the monthly calendar. Food allergies will be bolded at the top of the snack calendar. You are welcome to switch with other parents if a snack day conflicts with your schedule, but please let the teachers know.

Snacks must meet nutritional guidelines set by the Child and Adult Care Food Program and the State of Iowa. Snack must be prepackaged. Fruit must be brought whole and prepared at school. Each snack must include two of the following components. The drink will serve as one food group.

1. ½ cup milk (skim or 1% and any flavor)
2. ½ cup 100% fruit juice (not juice drink) or ½ cup fruit or vegetable
3. ½ oz. serving of meat or cheese or 1 tablespoon of peanut butter
4. bread or cereal serving equivalent to ½ slice of bread, a muffin, 2 graham crackers, 4 saltine or snack crackers, or 1/3 cup dry cereal

The following is a list of healthy snacks that we have found most preschoolers enjoy. Two of the four food groups must be present in the snack. One of the food groups will be covered by the 100% juice or milk.

Bread / Bread Alternatives

Whole wheat bread
Bagel
Muffin
Oatmeal/Peanut butter cookie
Granola bar
Cereal/Cereal Bar
Graham crackers
Carrot, banana, zucchini, or pumpkin bread
Bread sticks
Corn bread
Biscuits

Fruits / Vegetables

100% fruit juices
Banana
Pineapple chunks
Peach slices
Apple slices, applesauce
Orange slices, mandarin oranges
Mixed fruit
Pear slices
Cantaloupe chunks
Strawberries

Meat / Meat Alternatives

Cheese cubes / slices / sticks
Meat slices or cubes
Peanut butter

Dairy

Milk (skim or 1% and any flavor)
Yogurt/Frozen yogurt sticks

Food must be prepackaged or individual ingredients brought from home and prepared at preschool. The following foods are not credible and do not meet guidelines or are a choking hazard and not allowed for children ages 3 and under: fruit drink, fruit roll-ups or fruit snacks, pudding, ice cream, hard candy, nuts, seeds, peanuts, raw peas, hard pretzels, chips, popcorn, and marshmallows.

The following are considered a choking hazard for ages 3 and under and can be served by following the directions; Hot dogs (whole or cut lengthwise and cut in half), raw carrots (cut in half), whole grapes (sliced in half), and meat (cut into small pieces).

Snacks are recorded and reviewed annually by our DHS consultant. If the snack provided does not meet the above guidelines, we are required to document and then supplement the snack used to meet guidelines.