

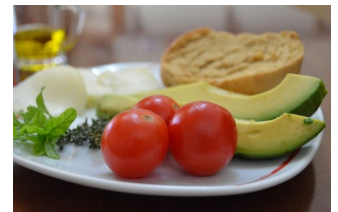


Snack Time Ideas



Kids LOVE snack time. Preschoolers, in particular, enjoy getting a turn to “host” by bringing the snack for the day. It gives them a sense of importance and control, a chance for attention from their classmates. Below are listed some ideas for healthy and easily shared items for snack time. We encourage you to keep simplicity and good nutrition in mind.

- ⇒ Fruit—slices of oranges, grapes, bananas, a fruit tray
- ⇒ Vegetables (carrots, celery, tomatoes, broccoli) and dip
- ⇒ Pretzels, popcorn, chex mix, or another cereal mix
- ⇒ Crackers: graham crackers, crackers & cheese, fish crackers, peanut butter & crackers
- ⇒ Pudding cups
- ⇒ Popsicles or frozen fruit treats
- ⇒ Bar cookies (like rice crispy treats)
- ⇒ Box of cereal
- ⇒ Birthday treats (cupcakes, brownies, ice cream cups, or any of the above)



At this time we ask that you please bring only prepackaged items. Until restrictions are lifted for Covid precautions, it is best that we NOT bring in homemade treats. We will let you know as soon as these restrictions are lifted. Thank you!