

Snacks at Congregational Preschool

Parents at CPS provide snack for their child's class on a rotating basis. Here is some information to make the process a little easier.

CPS suggests that parents bring nutritious, low-sugar, NUT FREE snacks that include the following:

1. A starch (commercially prepared and nut free)
2. A fruit or vegetable
3. A protein source (yogurt, cheese, hummus, tofu spread, cream cheese)
4. 100% Juice/bottled Water/Milk

Here are some snack items for you to mix and match. There is an attached list with lots of nut free choices. Please also pay attention to other posted food allergies in your particular classroom. The suggested amounts are for a class with 17 children and 2 teachers.

Starch

Bagels (1 dozen)
Pretzels (1 med. bag)
Crackers (1 lb. box - see back page for nut-free choices)
Dinner Rolls (20)
Rice Cakes (2 bags)
Cereal (1 box - see back for choices)
Cereal Bars (see back for choices)

Fruit and Vegetables

Bananas (5-6)
Apples (3-4)
Pears (3-4)
Oranges (3-4)
Baby Carrots (1 pkg)
Grapes (1 lg. bunch)
Melon (1)
Berries (2 baskets)
Dried 100% fruit (2 cups)

Protein

Cheese (1 slice/stick per snacker)
Yogurt (1 small serving per snacker)
Hummus, Tofu Spread, or
Cream Cheese (1 Med container)

Beverage

Milk (1/2 gallon)
Prepared Juice (1 quart container)
Bottled Water (1/2 gallon either plain or sparkling)

** We cannot serve popcorn due to choking hazards

*** CPS provides cups and napkins

**** Teachers prepare snacks

Hints About Nut-Free Snacks

OK Snacks

Bagels w/ cream cheese

Wheat Thins

Triscuits

Pretzels (Not Rold Gold)

Pirate's Booty

Graham Crackers

Cheese-its

Cereals

- Frosted Shredded Wheat
- Kix
- Cheerios (Not honey nut)
- Rice Crispies
- Cinnamon Graham Squares
- Corn Pops

Teddy Grahams

Nutri grain Cereal Bars

Gold Fish

French Bread

Dried Fruits

Saltines

Snacks to Avoid

Ritz Crackers

Nutter Butters

Most processed cookies

Any nut butters (soy, peanut, almond)

Chips Fried in Peanut Oil

Trail Mix

Bakery Goods (unless you know they were not processed using shared equipment)

**** When deciding whether to buy snacks it is best to read the label to see whether it contains nuts or has been processed using shared equipment (meaning equipment that is also used to make products containing nuts)**

***** Many foods from Trader Joe's are made on shared equipment with nuts. Please be extra careful about reading their labels.**