

## WOULD YOU BE AN ANGEL?



Dear Families,

Snack time is an important part of your child's experience here at preschool. Our curriculum includes thanking God for our food, teaching children about healthy food choices, good table manners, developing pouring and serving skills, introducing children to a variety of foods, including those from different cultures as well as cooperation that comes from cleaning up. So that parents can be involved in their child's classroom activities, we are asking parents to take turns donating snacks for their child's classroom.

The teachers coordinate the rotation cycle of snacks in their classrooms by setting up a "snack angel" calendar. On your assigned day/week, please donate a *store bought, prepackaged snack* for the entire class from two food groups. According to the USDA, a typical snack for preschoolers may be half of an English muffin and 1/2 cup apple slices; or a 2 oz. yogurt cup and two graham crackers; or a half cup of milk and 1/3 cup of cold dry cereal.. The teachers can cut whole fruit to allow for child-sized snack portions, such as 1/2 cup of orange slices, 1/2 cup banana slices, etc.

[http://www.fns.usda.gov/sites/default/files/Child\\_Meals.pdf](http://www.fns.usda.gov/sites/default/files/Child_Meals.pdf) can be referenced for appropriate serving sizes.

Feel free to use your creativity. However, regretfully, we cannot accept homemade items as the Health Department regulations require that we offer store-bought food only. It will be important to read labels on packages. Any pre-packaged fruit or vegetable must be labeled "pre-washed". Because many children have food allergies, please be conscientious about reading packaging labels carefully. St. Paul is a **nut sensitive school, so peanut butter or nuts of any kind, are not permitted. Any snack that has or may have been processed on shared equipment with any type of nut is not permitted.** To make snack choices easier, we are including a list of suggestions. Please keep this information sheet and refer to the suggested snacks on the second page. Your child's teacher is available if you have any questions.

By providing a relaxed, social atmosphere, counting our blessings, encouraging healthy food choices, good manners and the fun of learning about new cultures, we hope that snack time will be an enjoyable experience for your children, staff and families alike. Please be an "angel" and adhere to these guidelines when it is your turn to provide snack for your child's class.

St. Paul Catholic Preschool Staff

## Snack Angel Guide

This is a guide to help make it easier for you when planning snack for our class. Keep in mind that there are \_\_\_\_\_ children in our class. Water will be served as our drink so you do not need to send in a beverage unless it is a part of your plan i.e. milk and graham crackers. To help give you some ideas when planning snacks you could choose one item from side A and one from side B. That will make a complete snack providing your child with at least two food groups. Feel free to use your imagination and help make this a great experience for your child.

Side A	Side B
Whole grain chips	Applesauce
Cereal bars	Peach cups
Saltines	Apple slices
Whole grain, low sugar cereal	Yogurt cups
Mini bagels	Cream cheese
Scoop chips	Salsa
Whole grain muffins	Strawberries
Graham crackers	Milk
Cheese crackers	Bananas
Veggie straws or chips	Watermelon
Rice cakes	Clementine oranges
Graham cracker cookies	Pudding cups
Plantain chips	Pears
Sweet potato chips	Craisins
Animal crackers	Cheese sticks or slices
Pita chips	Edamame
Whole grain tortillas	Steamed veggies and hummus (Carrots need to be cut lengthwise to eliminate circle shape)
Whole grain English muffins	Dehydrated fruit
	Grapes
Nut free rice crackers	Fresh spinach leaves and ranch
	Hummus
	Sunflower seed butter (in place of peanut butter)
	Any fruit!!

**Remember that we are a nut sensitive environment. To help protect our friends with nut allergies we ask that you do not send in anything with nuts.**

USDA snack guidelines found at: [http://www.fns.usda.gov/sites/default/files/Child\\_Meals.pdf](http://www.fns.usda.gov/sites/default/files/Child_Meals.pdf)

## Child Care Meal Pattern Snack

Select Two of the Four Components for a Reimbursable Snack

<b>Food Components</b>	<b>Ages 1-2</b>	<b>Ages 3-5</b>	<b>Ages 6-12<sup>1</sup></b>
<b>1 milk<sup>2</sup></b> fluid milk	1/2 cup	1/2 cup	1 cup
<b>1 fruit/vegetable</b> juice, <sup>3</sup> <b>fruit and/or vegetable</b>	1/2 cup	1/2 cup	3/4 cup
<b>1 grains/bread<sup>4</sup></b> bread or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains	1/2 slice 1/2 serving 1/4 cup 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/3 cup 1/4 cup 1/4 cup	1 slice 1 serving 3/4 cup 1/2 cup 1/2 cup
<b>1 meat/meat alternate</b> meat or poultry or fish <sup>5</sup> or alternate protein product or cheese or egg <sup>6</sup> or cooked dry beans or peas or seed butters and/or seeds or yogurt <sup>7</sup>	1/2 oz. 1/2 oz. 1/2 oz. 1/2 1/8 cup 1 Tbsp. 1/2 oz. 2 oz.	1/2 oz. 1/2 oz. 1/2 oz. 1/2 1/8 cup 1 Tbsp. 1/2 oz. 2 oz.	1 oz. 1 oz. 1 oz. 1/2 1/4 cup 2 Tbsp. 1 oz. 4 oz.

<sup>1</sup> Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column.

<sup>2</sup> Milk served must be low-fat (1%) or non-fat (skim) for children ages 2 years and older and adults.

<sup>3</sup> Fruit or vegetable juice must be full-strength.

<sup>4</sup> Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.

<sup>5</sup> A serving consists of the edible portion of cooked lean meat or poultry or fish.

<sup>6</sup> One-half egg meets the required minimum amount (one ounce or less) of meat alternate.

<sup>7</sup> Yogurt may be plain or sweetened.

# Healthy Snacks for your 2-Year-Old Children

Adapted from an article found at :

<http://healthyeating.sfgate.com/healthy-snacks-toddlers-2yearold-children-4154.html>

by Sara Ipatenco, Demand Media

Two or three nutritious snacks a day provide your child with a big boost of vitamins and minerals he needs to grow properly. Toddlers and 2-year-old children are notorious for eating just a few bites at meals, which can leave you wondering if he's eating enough. Snacks help fill in the gaps left behind at meals, increase your child's nutrition and supply the energy he needs to play and learn.

**Whole Grains** Whole grains supply your child with fiber, which fills his tummy and gives him energy for several hours. Many whole grains are fortified with essential nutrients, such as iron for red blood cell production and folate for DNA production. Offer your toddler a whole-wheat mini bagel with Sun butter (**peanut butter substitute** made from sunflower seeds) or a whole-wheat tortilla with a sprinkle of cheddar cheese. Dry breakfast cereal is a simple snack that supplies fiber and essential nutrients. Whole-grain crackers and homemade baked goods made with whole wheat flour also supply your child with nutrients he needs to grow and develop.

**Fruits and Vegetables** Vegetables are a good source of fiber and also supply vitamin A for your child's eyesight and potassium for a healthy heart. Serve your child thin strips of **cooked** carrots with low-fat ranch dressing or **quartered** grape tomatoes with hummus as snacks that supply essential nutrients. Steamed sweet potatoes, squash or green beans also make good snacks for toddlers and 2-year-olds. Serve fruit as a nutritious replacement for sweet snacks such as cookies, brownies and processed fruit snacks. Too many sugary snacks can sap your child's energy and leave her feeling sluggish and tired. Fruit provides natural sweetness as well as vitamin C for a strong immune system. Offer your child **thinly sliced** apples or **chopped** orange segments. Fresh pears, peaches and bananas are soft enough for your little one to chew and supply essential vitamins and minerals as well.

**Protein and Dairy Foods** Protein provides your child with long-lasting energy and encourages proper growth and development as well. Shredded white meat chicken with crackers or chopped beans with a sprinkle of cheese are protein-rich snack ideas for your toddler. Dairy foods are also healthy sources of protein and supply calcium for your child's bones and teeth as well. Offer your child a carton of plain yogurt with **finely chopped** fresh fruit or small pieces of cheese with crackers. Cottage cheese and milk are additional snacks that supply protein and calcium.

**Snacks to Avoid** Toddlers and 2-year-olds are more prone to choking than older children. Cut your child's snacks into small pieces to reduce the risk. Skip raw vegetables, whole grapes, hot dog rounds, popcorn and whole nuts because they are all choking hazards. Don't offer your child large globs of peanut butter because it can lead to choking as well. Pass on sugary treats, such as cake, rice krispie treats and fruit-flavored drinks. They are high in added sugar but supply no essential nutrients.

Also avoid food cut into chunks (rather than shredded), hard candies, cough drops, large marshmallows, large gummy treats and chewing gum as these can also lead to choking.

# Healthy Snacks for a 3-5 Year-Old to Eat

*adapted from an article found at:*

<http://www.livestrong.com/article/388782-healthy-snacks-for-a-3-year-old-to-eat/>

*By Leticia Jones, M.S., R.D.*

Preschoolers' diets should be similar to that of the rest of the family, with three meals and one to two snacks each day. It is important to understand that children within this age group of 2 to 5 have stomachs that are smaller than an adult's so they eat less at each sitting. Snacks provide a way for a preschooler to have and sustain their energy until the next meal. Serving healthy snacks to preschoolers will provide adequate nutrition for growth, encourage lifelong healthy eating habits, and aid in the prevention of diseases such as obesity, heart disease and diabetes. Because a preschooler's appetite changes from day to day, it's important to provide a constant selection of healthy snacks.

**Fruits and Vegetable Snacks** Most snacks served to children should include fruits or vegetables. Fruits and vegetables are loaded with vitamins and minerals, which are essential for a preschoolers' growth, and they help with satiety. Fruits and vegetables contain no fat or cholesterol and are very low in calories. Fruits and vegetables should be served sliced, cubed or in cut into wedges. Fruits and vegetables go well with low fat dairy options and healthy whole grains. Serve your child thin strips of **cooked** carrots with low-fat ranch dressing or **quartered** grape tomatoes with hummus as snacks that supply essential nutrients. Steamed sweet potatoes, squash or green beans also make good snacks for preschoolers. Serve fruit as a nutritious replacement for sweet snacks such as cookies, brownies and processed fruit snacks. Too many sugary snacks can sap your child's energy and leave her feeling sluggish and tired. Fruit provides natural sweetness as well as vitamin C for a strong immune system. Offer your child **thinly sliced** apples or **chopped** orange segments. Fresh pears, peaches and bananas are soft enough for your little one to chew and supply essential vitamins and minerals as well.

**Healthy Whole Grain Snacks** Whole grains snacks can provide preschoolers with fiber, vitamins, and minerals. Fiber helps a preschooler with proper bowel function by reducing constipation. Whole grain snacks also help preschoolers feel fuller longer. Some whole grain snacks can include pitas; tortillas; breakfast cereal crackers; rice cakes or mini bagels. Be sure to read nutrition labels to pick options that are low in sugar, saturated fats and trans fat.

**Low-Fat Dairy Snacks** Dairy helps preschoolers' bones and hearts because it is a terrific source of calcium and vitamin D. Choose skim or low-fat dairy products instead of those made with whole or reduced fat milk. Serve small portions, and serve cheese with other foods like fruit, vegetables or whole grain crackers. Along with eating low fat dairy, drinking low fat dairy products are also good compliments to healthy snacks. Offer your child a carton of plain yogurt with **finely chopped** fresh fruit or small pieces of cheese with crackers. Cottage cheese and milk are additional snacks that supply protein and calcium.

**Healthy Snack Ideas** According to the USDA Food and Nutrition Service, snacks for a preschooler should include various food groups like fruits, vegetables, whole grains, and low fat dairy. Here are some snacks that include at least two or more of the food groups: **sliced vegetables with hummus, bean dip or low fat salad dressing; cubed or sliced fruits with low fat yogurt; baked English muffins or pita bread topped with spaghetti sauce, grated 1 percent cheese and sliced vegetables. Some other healthy snacks include parfait made with yogurt, chopped fruit, and whole grain cereal sprinkled on top; fruit smoothies blended with milk, yogurt, and fruits, and kabobs made with any combination of 1 percent cheeses, fruits, and vegetables.**