

# SNACK ANGEL INFORMATION

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.

Feel free to use your creativity. However, 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 food containing nuts of any kind, are 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. Please visit the links below for additional information. You can access the links through the electronic version of this document found on the St. Paul Catholic Preschool website (<https://stpaulchurch.com/preschool/resources/>)

[Choosing Healthy Snacks for Kids - HealthyChildren.org](#)

[Building Balanced Snacks to Feed to Toddlers - HealthyChildren.org](#)

[Portions and Serving Sizes - HealthyChildren.org](#)

[Reducing Risk of Choking in Young Children.pdf](#)

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. Please check with your child's teacher for the number of children in the class. Water will be served with our snack. Please bring one gallon of bottled water in addition to your snacks for the week. To help give you some ideas when planning snack, 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!

**Please remember that we are a nut-sensitive environment. To help protect our friends with nut allergies, food that contains nuts of any kind are not allowed.**