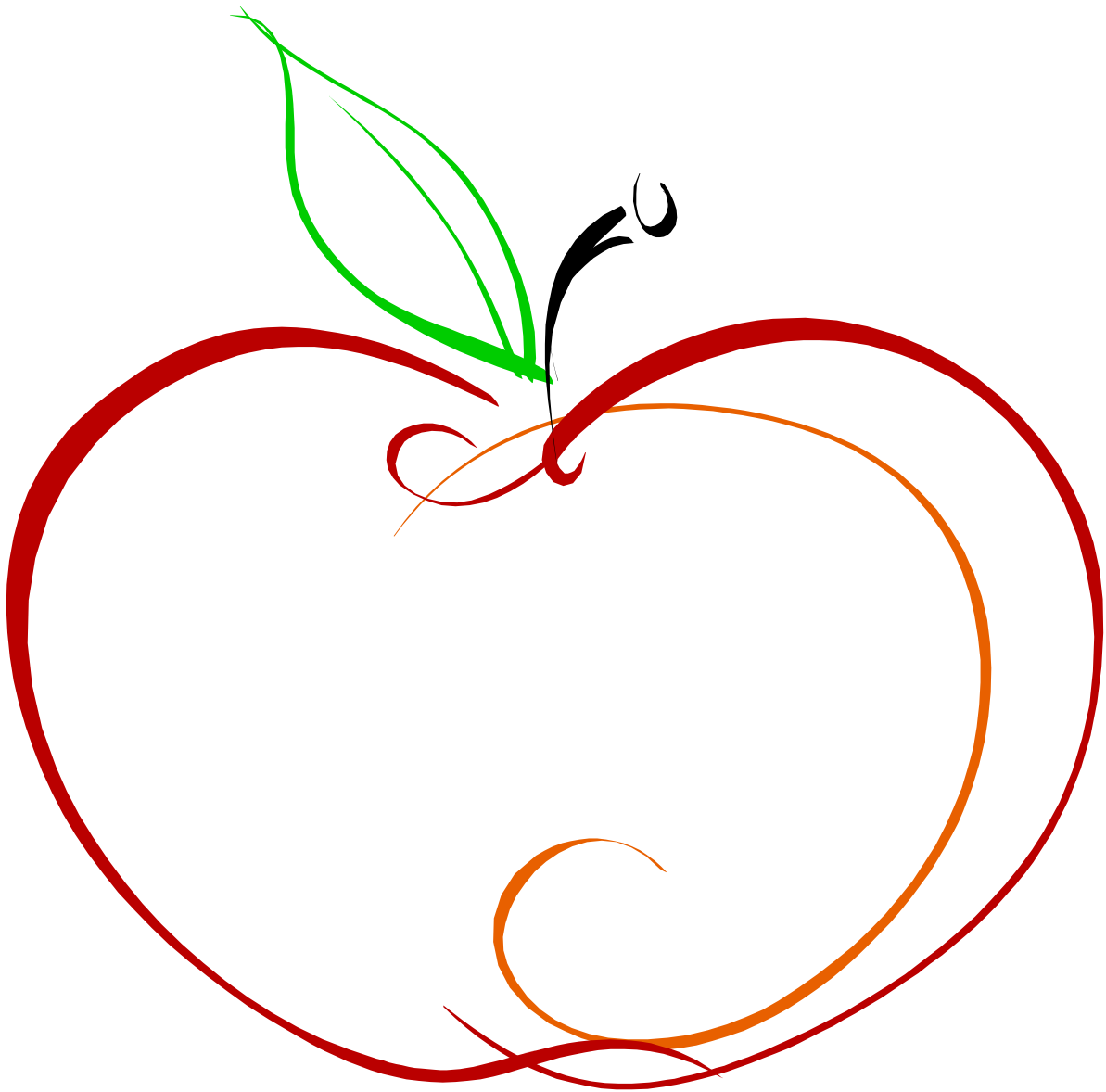


HUMC PRESCHOOL

HEALTHY SNACK
GUIDE





Snack Guide

Snacks are an essential part of our program; as it allows the children to socialize, explore different food textures and tastes, develop table manners, learn about nutrition, and to simply enjoy one another's company. We are asking for your cooperation in the types of snacks brought to the preschool. Check us out on Pinterest for additional snack ideas.

First and foremost, please do not bring snacks containing nuts. Many of the children within our preschool have nut allergies. Some of these allergies are life threatening. Therefore, we ask that you refrain from bringing snacks that contain peanut butter, peanuts or tree nuts. **Please read the labels of the package goods carefully.** Please be aware of wording such as “may have been manufactured in a plant that processes nuts” or “may contain traces of nuts.” All students with food allergies will be required to bring their snack from home, as we wish to provide the safest environment possible for those students. We do not consider ourselves to be a nut free zone, as the parents provide the snack.

Snacks need to be healthy in nature, as we would like every aspect of your child's education to be positive. We ask that you refrain from bringing “junk food”, such as cupcakes, cookies, potato chips, and candy.

Birthdays are celebrated within the preschool session. The children will be made to feel special through leadership, friendship and acknowledgement by their classmates and teachers. We ask that you bring a healthy snack to celebrate your child's special day. **Please refrain from bringing cupcakes and cookies to the classroom.** An example of an appropriate celebration snack would be yogurt with sprinkles.

Rounded foods need to be cut in half, lengthwise, as they present a choking hazard. Foods needing to be cut would include grapes, strawberries, cherry tomatoes, and hot dogs.

Included in this guide are suggestions and recipes for easy nutritious snacks. You will find a list of acceptable items from each of the food groups. **Please be reminded that your child's snack must contain two food groups.** Our staff appreciates your cooperation, as we want to ensure that the children are exposed to healthy foods in and out of the preschool environment.



SNACK IDEAS THAT INCLUDE TWO FOOD GROUPS

Bagels with Cream Cheese
Yogurt Parfait ~ Yogurt Layered with Fruit such as Berries or Bananas
Veggies and Dip
Tortilla Chips with Salsa
Trail Mix
Applesauce and Graham Crackers
Mini Jelly or Jam Sandwiches
Turkey and Cheese Rolled up on a Flour Tortilla
Mixed Fruit Salad
Apples and Cheese
Apples and Dip
Apple Butter on an English Muffin
Applesauce and Graham Crackers
Celery Sticks with Cream Cheese
Whole Wheat Tortilla with Pumpkin Butter, Raisins and Cinnamon
Banana with Graham Crackers
Rice Cakes Topped with Cream Cheese and Fruit
Turkey and Cheese Roll-Ups
Fresh Broccoli Flowers and Cheese Dip
Muffins and Fresh Fruit
Cereal Bars with Cut Orange Slices
Pumpkin, Blueberry and Zucchini Muffins all Cover Two Food Groups
Angel Food Cake with Strawberries
Milk and Teddy Grahams
100% Fruit Juice and Graham Crackers
Pasta Salad
Pizza
Any of the Tortilla Recipes
Graham Crackers and Milk
String Cheese and Sliced Grapes
Crackers and Cheese
Rice Cakes and Juice
Walking Salad
Strawberry Jam Bars
Mini Frittatas with Ham and Cheese
Cereal and Milk (we would need you to provide small bowl or cups)
Any Grain item with 100% Juice or Milk

RECIPES FOR PRESCHOOL SNACK

Trail Mix

Cereal Dried Fruit
Raisins Marshmallows
Pretzels Teddy Grahams
Coconut Mini Chocolate Chips
In a large bowl, mix any of the above items and place in baggies to serve.

Seasoned Pretzels

20—22 oz bag of small pretzels
1 cup oil
1 pkg. Hidden Valley Ranch Dry Dressing Mix
1/2 tsp. dill weed
1/2 tsp. lemon pepper
1/2 tsp. garlic powder

Mix oil, ranch dressing mix and spices. Add pretzels and toss. Marinate 2 hours - stir occasionally. Bake on a cookie sheet at 325 degrees 15-20 minutes

Fun Fruit Kebabs

6 apples
6 bananas
2 1/2 cups red seedless grapes halved
2 1/2 cups green seedless grapes halved
3 1/2 cups pineapple chunks in 100% natural juice

Prepare fruit by washing. Cut apples into small squares and cut bananas into chunks. Slide onto kebab stick. Chill until ready to serve.

Yield: 27 services

Strawberry "Cheesecakes"

6 ounces of cream cheese, softened for 10 seconds in the microwave
6 tablespoons strawberry jam
Graham crackers broken into squares

Mix the softened cream cheese with jam. Spread a little of the mixture on top of each graham cracker. Either eat right away or chill. The grahams will soften and become more like a cheesecake crust, and the topping will firm up if chilled.

Banana Bread

4 ripe bananas, smashed
3/4 cup sugar
1 tsp vanilla
1 tsp baking soda
Pinch of salt
3/4 cup all purpose flour
3/4 cup whole wheat flour

1/3 cup melted butter
1 egg beaten

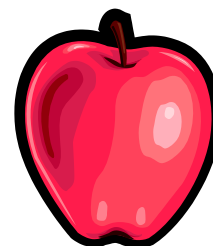
Preheat oven to 350 degrees
Mix butter and bananas in large mixing bowl. Mix in sugar, egg and vanilla. Mix in baking soda and salt. Add flour last. Mix only until moistened (over mixing will make the bread tough).

After 40 minutes of baking, make a tent out of aluminum foil and cover bread, so it doesn't burn and cook for additional 10 minutes (50 minutes total cooking time).

Walking Salad

Cut apple in 1/2 and hollow out to make a cup. Fill with a mixture of cereal, raisins, coconut and chocolate chips.

If mixture seems too dry, you can add mashed bananas or any nut free butter such as apple, pumpkin or sun butter



Banana Graham Squares

- 28 squares low-fat honey graham crackers
- 1/3 cup light margarine, melted
- 1/2 tsp. ground cinnamon
- 3 8oz. packages light cream cheese, softened
- 3/4 cup honey
- 1 tsp. vanilla extract
- 3 eggs
- 1/2 cup mashed bananas

Preheat oven to 350 degrees

Crush graham crackers until they make fine crumbs. Measure: there should be about 2 cups of finely crushed crumbs.

Mix the graham cracker crumbs with the melted margarine and cinnamon. Press onto bottom of 13x9x2 inch baking pan.

Combine remaining ingredients in a large mixing bowl. Mix with an electric mixer set on medium speed. Pour into the graham cracker crust.

Bake for 45 to 50 minutes or until the center is almost set. Remove from oven to cool, then refrigerate for 3 hours.

Strawberry Jam Bars

- 2 cups quick-cooking rolled oats
- 1 cup whole wheat flour
- 1 tsp. baking powder
- 1 tsp. ground cinnamon
- 1/2 tsp. ground ginger
- 1/8 tsp ground nutmeg
- 1/4 tsp. salt
- 1/2 cup pure maple syrup
- 1/2 cup canola oil
- 1 tsp. vanilla extract
- 1 10 oz. jar strawberry jam

Preheat oven to 350 degrees. Oil a 9x9 inch baking pan.

In a large bowl, combine the oats, flour, baking powder and spices.

In another bowl, beat together the maple syrup, canola oil and vanilla.

Stir the wet mixture into the dry, mixing until blended.

Press half the mixture into the prepared baking pan. Gently spread the jam on top. Sprinkle the remaining crust mixture over the jam, making sure the dough gets into the corners of the pan. Gently pat the topping smooth.

Bake until golden brown, about 45 minutes. Cool completely before cutting into bars.

Ants on a Log

- Celery Sticks
- Cream Cheese
- Raisins

Spread softened cream cheese on celery sticks. Place raisins on the cream cheese.

Croissant Sandwiches

- Pillsbury crescent rolls
- Turkey
- Cheese slices

Roll-up turkey and cheese within the crescent roll.

Bake at 375 degrees for 15 minutes.

Can be served warm or cold



Mini Frittatas with Ham and Cheese

Cooking spray

1/2 cups finely chopped onion

2/3 cup chopped ham

1/3 cup shredded reduced-fat extra sharp cheese

2 tablespoons chopped fresh chives

1/8 tsp thyme

1/8 tsp black pepper

4 large egg whites

1 large egg

Preheat oven to 350 degrees.

Heat a large nonstick skillet coated with cooking spray over medium high heat. Add onion, sauté 2 minutes or until crispy

tender. Add ham, sauté 3 minutes. Remove from heat; cool 5 minutes. Combine remaining ingredients in a large bowl; stir with a whisk. Add ham mixture, stir with whisk. Spoon mixture into 24 miniature muffin cups coated with cooking spray. Bake at 350 degrees for 20 minutes or until set.

Low Fat Chewy Fruit and Oatmeal Bars

3/4 cup firmly packed brown sugar

8 oz container of plain or vanilla low fat yogurt

2 Tablespoons vegetable oil

2 teaspoons vanilla

1 teaspoon baking soda

1/2 teaspoon salt

1 cup raisins or dried cranberries

1/2 cup granulated sugar

2 egg whites, lightly beaten

2 tablespoons skim milk

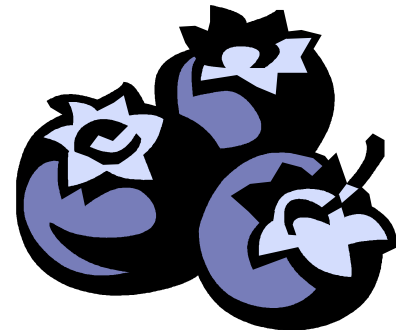
1 1/2 cup flour

1 teaspoon ground cinnamon

3 cups quick or old fashioned oats

Heat oven to 350 degrees. In large bowl, combine sugars, yogurt, egg whites, oil, milk, and vanilla; mix well. In medium bowl combine flour, baking soda, cinnamon, and salt; mix well. Add to yogurt mixture; mix well. Stir in oats and fruit.

Spread dough onto bottom of ungreased 13x9 baking pan.



Berry Berry Streusel Bars

1 1/2 cups oats

1/2 cup firmly packed brown sugar

1 1/2 sticks margarine or butter melted

1/3 cup raspberry or strawberry preserves

1/2 tsp grated lemon peel (optional)

1 1/4 cups flour

1 cup fresh or frozen blueberries (do not thaw)

1 teaspoon flour

Heat oven to 350 degrees. In large bowl, combine oats, flour, sugar and margarine; mix until crumbly. Reserve 1 cup oat mixture for topping. Press remaining oat mixture evenly onto the bottom of ungreased 8 or 9 inch square baking pan. Bake 13 to 15 minutes or until golden brown. Cool slightly on wire rack.

In medium bowl, combine blueberries, preserves, 1 tsp flour and lemon peel; mix gently. Spread evenly over crust to within 1/2 inch of edges. Sprinkle with reserved oat mixture, patting gently.

Bake 20 to 22 minutes or until light golden brown. Cool completely.

Pumpkin Muffins

2 2/3 flour
2 tsp baking soda
2 tsp baking powder
2 tsp cinnamon
1 1/4 nutmeg
1 1/4 ground cloves
1 tsp salt
1 can pumpkin
1 cup sugar
1 cup dark brown sugar
1 cup canola oil
4 eggs

Throw everything in the mixer and beat until well combined.

Bake at 350 degrees for 20—25 minutes.

Deviled Eggs

12 eggs
6 tablespoons mayonnaise
1 1/2 tsp Dijon mustard
Salt and pepper to taste
24 small pinches of paprika

Cook the eggs in a saucepan and fill half full with water. Set over medium heat. When the water bubbles gently, reduce the heat to low and cook for 15 minutes. Let the eggs cool in the water for 10 minutes.

When the eggs are cool enough to handle, take them out of the water. Roll each egg on the work surface to crack the shell. Carefully, peel off the eggshell.

Put eggs on a cutting board. Using a sharp knife cut each egg in half lengthwise. Spoon out the yolks of the eggs and into a bowl. Put the egg white halves on a serving platter and set aside.

Add the mayonnaise and mustard to the bowl with the yolks. Use a spoon to mash them all together into a paste. Taste and season with salt and pepper.

Carefully spoon a small mound of the yolk mixture back into each egg white half.

Banana-Oatmeal Power Rounds

1 cup flour
1/2 cup flaked coconut
1/2 cup rolled oats
1 tsp. baking soda
1/2 tsp. salt
1/4 tsp. ground cinnamon
3/4 cup firmly packed light brown sugar
6 tbsp (3/4 stick) unsalted butter, at room temperature
1 very ripe banana, mashed
1 egg
1/2 cup raisins

325 degrees. Lightly grease baking sheet
In a bowl, cream the brown sugar and butter with a wooden spoon until fluffy. Add

banana and egg and beat with a fork. Stir in remaining ingredients. Spoon the dough by heaping tablespoons onto baking sheet about 2 inches apart. Bake until golden brown about 12 to 15 minutes. Remove from oven and let the rounds cool on baking sheet for about 5 minutes. Store in air tight container for up to 3 days.

Blueberry-Orange Mini Muffins

6 tablespoons unsalted butter cut into chunks
1 1/2 cups flour
1/3 cup plus 2 tablespoons sugar
2 1/4 tsp baking powder
1/4 tsp salt
2/3 cup milk
1 egg
1 tsp finely grated orange zest
1/2 tsp vanilla extract
2/3 cup fresh blueberries

375 degrees. Line 24 cup mini muffin tins with paper liners.

In a bowl, using wooden spoon, stir together the flour, 1/3 cup sugar, the baking powder and salt.

In a small bowl, using a wooden spoon, beat together the milk, egg, orange zest, and vanilla. Stir in the blueberries. Add the milk mixture and the melted butter to the flour mixture. Stir gently just until blended.

Fill muffin tins until almost full. Sprinkle with 2 tablespoons sugar evenly over the tops. Bake until golden brown and a toothpick inserted into the center of a muffin comes out clean. 12 to 15 minutes.

Frozen Fruit-and-Yogurt Pops

- 3 cups strawberry yogurt
- 3 cups orange juice
- 4 1/2 cups raspberry juice

Set out 24 popsicle molds or paper cups on a work surface. Spoon an equal amount of the yogurt in each mold or cup and press down with the spoon to fill the bottom evenly. Cover the molds. If using cups, cover each with a square of aluminum foil, pressing it firmly around the sides. Poke a popsicle stick through each foil cover, pushing it into the middle of the yogurt. Set the molds or cups in the freezer until it begins to set, about 40 minutes.

Remove the molds from the freezer. If using cups, carefully lift off the foil, but leave the sticks in place. Pour an equal amount of the orange juice into each mold or cup. Cover, return the molds or cups to the freezer and freeze until firm, about 40 minutes. Repeat the procedure with the raspberry juice. Freeze until solid, about 4 hours or up to overnight.

Watermelon Ice Pops

- 4 1/2 cups watermelon chunks
- 1/2 cup sugar
- 1 pinch of salt

Remove any black seeds that might be apparent in the watermelon.

In a blender, combine the watermelon chunks, sugar and salt. The salt intensifies the flavor of the watermelon.

Blend on high speed until the mixture is a liquid.

Pour the mixture evenly among molds. Insert sticks.

Freeze the ice pops for at least 8 hours or overnight. Run the molds under warm water for 30 seconds to release the pop and eat immediately!



Veggie Wraps

- 2 large flour tortillas
- 6 tablespoons cream cheese at room temperature
- 1/2 small cucumber, peeled and thinly sliced
- 1 tomato thinly sliced
- Salt and pepper to taste

Lay tortillas on a work surface. Spread 3 tablespoons of cream cheese over each tortilla..

Divide the cucumber and tomato slices between the two tortillas, press down gently. Sprinkle with salt and pepper.

Working with one tortilla at a time, fold about 2 inches of the right edge over onto itself. Press gently. Fold over the same amount on the opposite edge, again pressing gently. You will have 2 straight sides and 2 rounded ones. Beginning with the rounded side closest to you, roll up the layered tortilla and vegetables, holding the folded edges down with your fingers as you roll. Repeat with the second tortilla.

Place the wraps, seam down, on a cutting board. Using a sharp knife, cut the wraps in half on the diagonal. Serves 4 or more depending on how small you cut the tortillas.



Turkey-Tortilla Roll-Ups

- 6 flour tortillas
- 6 tablespoons cream cheese
- 18 slices turkey breast
- 1 1/2 cup shredded lettuce

Spread cream cheese on tortillas top with remaining ingredients. Roll up and cut into 1 inch sections.

Quick and Easy Cornbread

- 1 cup cornmeal
- 1 cup flour
- 1 tablespoon baking powder
- 1/2 cup sugar
- 1 cup fresh corn kernels
- 3/4 cup shredded Mexican style cheese
- 1/2 cup red pepper chopped
- 1 egg
- 1/4 cup butter melted
- 1 cup buttermilk

Preheat oven 400 degrees
Combine cornmeal, flour, baking powder and sugar in a large bowl. Stir in corn, cheese, and red pepper.

Beat egg in small bowl. Add butter and buttermilk; stir in corn mixture just until combined. Pour into greased 8 inch square baking pan

Bake 25 to 30 minutes or until light golden brown and toothpick inserted in center comes out clean.



Blueberry Oatmeal Bars (with spinach)

- 2 cups old fashioned oats
- 1 1/4 cups all purpose flour
- 1/2 cup sugar
- 1/2 tsp. cinnamon
- 1/4 tsp. baking powder
- 1/4 tsp. salt
- 1 tsp. pure vanilla extract
- 3/4 cup margarine
- 1 cup blueberry preserves
- 1/2 cup spinach puree (you can substitute baby food for the puree)

Preheat oven to 375 degrees. Coat 8x8 baking pan with cooking spray.

In a large bowl, combine the oats, flour, sugar, cinnamon, baking powder, salt, and vanilla, and stir to mix well.

Add the margarine and cut it quickly into the dry ingredients with two knives until the mixture resembles coarse meal and is no longer powdery. Do not over mix—bits of margarine will still be visible. Set aside about half of the oatmeal mixture; press the rest of it firmly into the pan. Bake until lightly browned around the edges (but not fully baked), 13 to 15 minutes.

Meanwhile, mix the preserves with the spinach puree in a small bowl.

Spread the blueberry mixture over the partially baked oat layer, the sprinkle with the reserved oat mixture. Bake until the topping is slightly browned, 20 to 25 minutes. Set the pan on a rack to cool completely before cutting into 12 bars.



Pita Pizza

- 22 (4 inch) whole-wheat pita pockets
- Pizza sauce
- Shredded mozzarella

Place mini pita pockets topped with sauce and cheese on a foiled-lined baking sheet and bake at 400 degrees until the cheese melts and begins to brown, 5 to 10 minutes.

If you would like to add a healthy dose of beta carotene, spread spinach puree (or baby food spinach) on the pita prior to adding the pizza sauce. Make sure that you cover the spinach with pizza sauce, so that no green shows.

Frozen Yogurt Pops

- 2 cups plain lowfat yogurt
- 2 cups frozen berries (strawberries, raspberries, blueberries, or cherries) thawed in the microwave for 1 minute.
- 1/2 to 3/4 cup confectioner's sugar

Combine the yogurt, fruit, and sugar in a blender or food processor and process until smooth. Pour into popsicle molds and freeze.

