



Hilliard United Methodist Preschool Approved Snack Guide



Our Philosophy Behind Serving Snacks

Snacks bring so much to the preschool table, literally. When we serve snacks at preschool the children are learning table manners, trying new foods, conversing with one another, discussing colors and whether fruits and vegetables grow under the ground or above the ground. Eye-hand coordination is developed as they pour their own drinks. Snack also provides an opportunity to say a daily prayer.

Our Goals Concerning Snack

Our staff is committed to nurturing your little one's growth and development during the short time they are with us. Along with brain development, social skills and motor skills, we also want to nurture healthy young bodies. As you know, healthy habits start young.

How Does Snack Work?

You will be given a snack calendar each month with children assigned days to bring the snack. The child bringing the snack will also be the leader for the day. A thank you song will be sung to your child. Preschool will provide the paper products, you will only need to bring the snack. We ask that you not bring drinks for the children. Water will be served with each snack. No products containing nuts will be served to the children, so please avoid peanuts as well as tree nuts. Preschool does have access to a refrigerator and freezer.

Snack Choices

We would love to include families in bringing healthy daily snacks for the class to share. Therefore, you must choose from our snack guide which we have provided for the 2022-2023 school year.

Fruit of any kind
Applesauce
Yogurt
Veggies
Crackers and Cheese
Cheese Cubes
Cream Cheese and Mini Bagels
Pasta Salad
Fruit Cups
Graham Crackers
Teddy Graham
Nut Free Granola Bars
Veggie Straws
Mini Turkey and Cheese Sandwiches
Baby Carrot Sticks and Hummus
Nut Free Granola Bars

Raisins
Yogurt Covered Raisins
Fig Newtons
Grapes sliced in half
Muffins
Goldfish Crackers
Chips and Salsa
Veggie Puffs
Nut Free Trail Mix
Fruit Smoothies
Pudding
Mini Pizzas
String Cheese
Pretzels

We celebrate each child's birthday with a song and an announcement to the class. Please do not bring cupcakes to celebrate your child's birthday. If you really feel the need to bring something special, a donated book to the classroom would be a nice option. If choosing to do so, remember to write your child's name and birthdate in the book. The teachers will read the book at circle, and place it on the classroom bookshelf. Once again, this is not necessary, just an option to consider if you really want to do something special.

Easy Recipes

While you certainly do not have to bring homemade snack items. We thought it would be fun to include a few easy recipes.

Banana Bread

1 stick of melted butter
1 cup brown sugar
2 eggs
1 $\frac{1}{2}$ tsp vanilla extract
4-5 ripe bananas
1 $\frac{3}{4}$ cups of flour
1 tsp baking soda
 $\frac{1}{2}$ tsp salt



Preheat oven to 350 degrees. Grease an 8x8 inch pan and bake for 45 to 50 minutes or make 24 mini muffins for 16 minutes.

Pumpkin Muffins

2 $\frac{2}{3}$ cups flour
2 tsp baking soda
2 tsp baking powder
2 tsp cinnamon
1 $\frac{1}{4}$ tsp nutmeg
1 $\frac{1}{4}$ tsp cloves
1 tsp salt
1 can pumpkin
1 cup sugar
1 cup brown sugar
1 cup canola oil
4 eggs



Mix together. Preheat oven to 350 degrees. Bake for 20-25 minutes. Makes 24 muffins.

Apple Donuts

Slice apples. Add cream cheese and sprinkles



Nut Free Trail Mix

Mix any of the following to create a nut free trail mix:

- Cereal
- Dried Fruit
- Raisins
- Pretzels
- Marshmallows
- Teddy Grahams
- Chocolate Chips
- Mini Chocolate Chips
- Coconut

Vegetable Squares

Preheat oven to 375 degrees

Roll 2 (8 ounce) packages of refrigerated crescent rolls onto a cookie sheet. Spread as if pizza dough. Bake for 12 minutes and then set aside to cool. Mix together 8 ounce cream cheese, 1 cup mayo mix and 1 package dried ranch dressing mix. Top with your choice of vegetables and shredded cheese. Keep refrigerated until ready to serve.



Veggies and Dip

Cut up veggies of your choice. Place ranch dip into the bottom of a cup and then place veggies in the cup.



Frozen Banana Pop

Slice a banana in half. Attach each half to a popsicle stick. Dip in yogurt and roll in sprinkles. Freeze until ready to serve.



Fruit Pizza on Crackers

Using Ritz Crackers or Graham Crackers spread with cream cheese then add fruit.



Yogurt Parfait

Fill cup with your favorite yogurt. Add nut free granola and fruit. If it is your child's birthday, add sprinkles.



Fruit Smoothies

If you want to try your hand at making fresh fruit smoothies simply blend 2 cups frozen fruit, 2 cups yogurt, 4 cups orange juice, lemonade or milk. Makes 6 cups.



Turkey, Cheese and Apple Roll-Up

Lay a slice of turkey flat. Place a thin apple slice and slice of cheese on the turkey slice. Wrap and secure with toothpick.

