



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 and 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. Preschool does have access to a refrigerator and freezer.

Very Important Regarding Allergies

No products containing nuts will be served to the children, so please avoid peanuts as well as tree nuts. Snacks must be in original packaging with the ingredients label on it. Please make sure that if it says "may contain" or "processed on shared equipment" as peanuts and tree nuts. Snacks that have this wording will not be served at Preschool. **To prevent cross-contamination, we unfortunately will no longer be able to serve homemade baked goods** ie. Cookies, cakes, cupcakes, bread, muffins, etc. If you have any questions, please reach out to the office for clarity.

Snack Choices

We would love to include families in bringing healthy daily snacks for the class to share. Please choose from the list below when it is your child's turn to bring snack.

Fruit of any kind (cleaned and cut)
Applesauce
Yogurt
Veggies (cleaned and cut)
Crackers and Cheese
Cheese Cubes
Cream Cheese and Mini Bagels
Pasta Salad
Fruit Cups
Graham Crackers
Teddy Grahams
Nut Free Granola Bars
Veggie Straws
Mini Turkey and Cheese Sandwiches
Pirate Booty

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

Birthday Ideas

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.