

Snacks

Peanut and Nut Policy

Since we are an allergy aware school, we ask families not to send items for snack or lunch that contain peanut/nut products. Children with these allergies show extreme allergic reactions not only to ingesting peanuts but also to touching them or inhaling their aroma.

Cross-contamination is a serious issue. In other words, if a child eating a peanut butter cracker touches a toy and the faucet and then a child with a peanut allergy touches the faucet or toy, he/she may have a serious reaction.

Therefore, we are providing the following lists of approved snack options.

At BCP, families take turns bringing a simple, easily prepared snack consisting of at least two food groups such as crackers, cheese and water. The classroom teacher makes a snack schedule for each month so that families know when it is their turn. The children love bringing snacks for their friends!
PLEASE KEEP SUGARY SNACKS TO A MINIMUM AND BE MINDFUL OF HEALTHY SNACKS.

Due to CCD regulations, we can have **no home prepared snacks** (including birthday snacks).
To provide the snack please choose one item from each list.

List A: Grain

Mini bagels & cream cheese
Cheerios (plain)
Cheez-its
Goldfish crackers
Graham crackers
Ritz crackers (no Ritz Bitz)
Wheat Thins
Pirate's Booty
Teddy Grahams
Soy Crisps
Triscuit—thin crisps

List B: Fruit, Vegetable, Protein

Applesauce
Cheese: string or pre-sliced cheddar
Veggies & dip
Fruit: apples, bananas, grapes, raisins, strawberries, oranges
Large tubs of Yogurt—no gogurts please
100% Fruit Juice Popsicles
Veggie Chips
Snap Pea Crisps

List C: Beverage

100% fruit juice
Water (1 gallon jug non-distilled)
2% milk (no chocolate milk please)



Birthdays are special! Additional choices for birthday snacks: Pudding cups, Yogurt push ups, Dixie cups (orange sherbet and vanilla ice cream), Sprinkles to add to yogurt serving.

Birthday Celebrations

Wondering about how to celebrate your child's birthday in the classroom? We prefer that parents continue to choose a snack from the lists above. We celebrate your child's special day with candles, singing, and other birthday fun that vary from class to class. Parents may provide festive party plates and/or napkins. You will receive a letter describing your child's birthday in the classroom as the date nears.

Snacks for Children with Food Allergies

There are many children at BCP who have food allergies. Because these food allergies are so diverse, the parents of each child with allergies are asked to provide the child's daily snack. We recommend a clear **plastic** "shoe box" sized container labeled with the child's picture and name to hold the snack items for each week or two. If you prefer, you may send a daily snack in a labeled container. Keep in mind, 2 food groups must be represented. Please see your child's teacher for more information.

ALLERGIES

If your child has allergies please tell us right away! Also fill out a "food allergies" label each day, especially at the start of the year, and place it on your child's back.