

## Healthy Snacks

Each child will be assigned snack weeks in which they will bring a snack for the entire class. Recent changes in the snack procedures as dictated by State of Wisconsin require LCK to post a snack list one week in advance. This way all parents will know what *will be* served in class each day. Your teacher and class representative will help to determine the best way to make this communication a simple one. When you do bring in a snack, we ask that these snacks be healthy ones, again, in order to comply with State Licensing requirements. It is the goal of the program to teach our children about healthy eating habits and healthy foods. The teachers ask that you package any special birthday treats in individual bags. Also, milk will be served at each snack time at no cost to you.

Since the daily snack is provided by the Co-op parents, we thought that providing serving size information from the USDA's Food Guide Pyramid might be helpful when determining how much of a particular snack to bring to class. The Food Guide Pyramid was developed to help teach preschoolers ages 2 to 6 what to eat to help them grow and stay healthy. This is a kid friendly website that both parents and kids will find useful. For more information, please log on to: <http://www.cnpp.usda.gov>

### What counts as one serving?

<p><b>Grain Group</b>            1 slice of bread            ½ cup of cooked rice or pasta            ½ cup of cooked cereal            1 ounce of ready to eat cereal</p>	<p><b>Fruit Group</b>            1 piece of fruit or melon wedge            ¾ cup of juice            ½ cup of canned fruit            ¼ cup of dried fruit</p>	<p><b>Meat Group</b>            2 to 3 ounces of cooked lean meat, poultry or fish            ½ cup of cooked dry beans or 1 egg counts as 1 oz of lean meat            2 tablespoons of peanut butter count as 1 ounce of meat</p>
<p><b>Vegetable Group</b>            ½ cup of chopped raw or cooked vegetables            1 cup of raw leafy vegetables</p>	<p><b>Milk Group</b>            1 cup of milk or yogurt            2 ounces of cheese</p>	<p><b>Fats and Sweets</b>            Limit calories from these</p>

Unfortunately, there is a good chance that one or more children in the class will have a peanut and/or nut allergy. Therefore, we may ask that you do not send any food products that contain peanuts or nuts. This includes any food products that were manufactured in a plant that also makes food products with peanuts and nuts. Please check the labels carefully. **The teachers will let you know if and when a peanut/nut allergy situation occurs.** Below are lists of healthy snacks and the peanut and nut free snacks. We thank you for your cooperation!

<p style="text-align: center;"><b>Approved Healthy Snacks</b></p>	<p style="text-align: center;"><b>Approved Peanut &amp; Nut Free Snacks</b></p>
<p>Fruit            Cheese slices, string cheese            Vegetables, veggies &amp; dip            Ice cream or frozen yogurt (freezer &amp; refrigerator space is available)            Crackers with cheese, sausage, jelly or (something else perhaps?)            Pretzel sticks            Popcorn            Graham crackers, teddy grahams            Gold fish            Tortilla chips with cheese            Muffins, quick breads, bread sticks            Mini bagels, pizza bagels            Pudding, Jell-O, applesauce            Yogurt, Go-gurt            Pasta            Dried fruits/trail mix            Dry cereal            Pancakes, French toast sticks            Fun fruit snacks (no roll ups please)</p>	<p>Mott's applesauces            Honey Maid graham crackers/graham sticks            Snyder pretzels (any kind)            Ritz, Keebler Club, Premium Saltine crackers            Smucker's jelly or jams            Tostitos tortilla chips            Teddy grahams            Pepperidge Farms gold fish            Cheerios, Fruit Loops, Kix, Trix, Rice Krispies cereals            Yoplait or Dannon yogurt, Go-Gurt stix            Welch's or Jell-O brand fruit snacks            Pillsbury mini pancakes            Kraft macaroni and cheese            Any brand of pasta            Any cheese (cheddar, mozzarella, colby)            Kraft American cheese slices            Jell-O brand finger Jell-O or Jell-O jigglers            Breyer's All Natural chocolate or vanilla ice cream            Johnsonville summer sausage            Keebler animal crackers</p>

*Please note: There are many snack foods that do not contain peanuts or nuts, however they still cannot be brought to school. Even though a product may not contain peanuts or nuts, if it was processed in a plant that has peanuts or nuts anywhere in the vicinity, that food is still a potential danger to the child who is allergic. It is very important to check the food labels. If you are unsure about a particular food, please do not bring it to the classroom. Ask a teacher or investigate further. We thank you for your support and understanding.*