

SNACK PROGRAM

The Cupertino Recreation & Community Services Department's preschool program promotes a nutritious snack program. The development of positive attitudes toward food is the basis for the practice of healthy dietary patterns. **Parents are required to provide a nutritional snack for the entire class (up to 24 children) 1-2 times each session. Sign-up in classrooms.**

Tasty & Nutritious Snack Suggestions

Try choosing ONE item from each group for a yummy snack the children are sure to enjoy!

Group 1	Group 2	Group 3
Cut fresh fruit (no seeds please)	Whole grain cereals	100% Apple Juice
Cut Vegetables	Whole grain crackers	100% Orange Juice
Applesauce (unsweetened)	Rice cakes	100% Grape Juice
Dried fruit	Popcorn	Low-fat Milk
100% Juice popsicles	Whole grain granola bars	Chocolate Milk
Edamame	Pretzels	Lemonade
Low-fat yogurt		
Low-fat cheese		

Birthdays in Preschool
Cakes, cupcakes, ice cream, etc. are ok on special occasions such as Birthdays!

Please check with the teachers if you would like to bring something that is not listed.
Please be aware of what is in the ingredients (i.e. hydrogenated oils are not good).

Please do not send any packages of food that have already been opened. Containers and packages should be sealed and unopened. Please reserve cupcakes and cookies for birthday celebrations. There will be cups, napkins, plates, and plastic silverware available in the classroom. You are welcome to send along themed paper products for birthday celebrations if you wish.

Please write any food allergies or dietary restrictions on your child's emergency card

The teachers will inform individual classes if there is a severe food allergy that will require adjustments in snack offerings. For example, if a student has a peanut allergy, the teachers may ask all parents to **not** bring any snacks containing peanut products. We appreciate your cooperation.