

Preschool Snack Time Guidelines

Each student will have a small daily snack which they provide from home. Please read the following guidelines carefully:



What to Bring:

- **One snack item** per day
- **A water bottle labeled with your child's name**
- Please **do not pack more than one snack**

Packing Instructions:

- Place the snack in the **front or side pocket** of your child's backpack for easy access.
- **Do not** pack snacks inside the lunchbox (if your child stays for Lunch Bunch).

Allergy Reminder:

- Our classrooms are **peanut/tree nut free**.
- All snacks must be **free from peanuts, tree nuts and any cross-contamination** (i.e., not made in facilities that process peanuts/tree nuts).
- **Check labels carefully** before packing.

Snack Suggestions:

- Pre-packaged crackers (e.g., Goldfish, Teddy Grahams)
- Cut-up fruits or vegetables
- Yogurt pouches

Snacks should be simple and easy to eat within a **15-minute snack period**. Teachers will provide napkins.

Thank you for helping keep snack time safe and smooth for everyone!

