

# SNACK TIME

## Tuesday/Thursday Program 2022-2023

Valley Springs Christian Preschool snack policy is as follows. Every child will bring their own snack to school. The children will not be allowed to share their snacks. Many children have allergies to certain foods, food colorings, additives, etc. Safety is our number one concern. We also talk about nutrition and ask that the snack your child brings be nutritious. **Please do not include cookies and candy in your child's snack.**

**WE ARE A PEANUT FREE FACILITY. PLEASE DO NOT SEND ANY SNACK WITH YOUR CHILD THAT CONTAINS PEANUTS OR PEANUT BUTTER. (SUNFLOWER BUTTER IS OK)**

**(Please check food labels. Avoid any products that state "may contain peanuts, tree nuts, sesame or coconut" or state that the product is processed in a facility that may contain these items)**

*Here are a few suggestions for snack time.*

All Fresh Fruit and Vegetables  
Ranch dressings/cream cheese  
Sara Lee/Thomas mini bagels  
Cheerios, Kix Cereal, Chex Cereal  
Pretzels (Rold Gold)  
goldfish  
cheese  
popcorn  
graham crackers  
fruit bars  
yogurt or applesauce

Please be sure to label your child's snack with his/her **NAME PRINTED ON THE OUTSIDE**. The school will provide napkins and cups. **DO NOT INCLUDE A DRINK WITH THE SNACK** as we will be providing 100% juice or milk and will always have water available.

When it is your child's birthday, please feel free to bring special napkins to share with the class. Also, because this is a special day, if you so choose, you may provide for the class Oreo cookies or rice krispy treats as a special treat. No cake, cupcakes or popsicles please as those contain allergens.