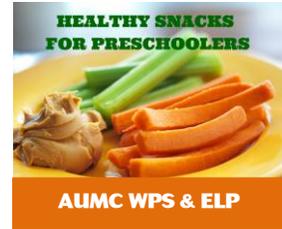




## Policies for Snacks, Lunches, and Treats Brought From Home



### Snack Policy

1. The Early Learning Program and Weekday Preschool provides a healthy and varied snack according to the snack menu provided each month. Each daily snack includes food from two food groups as determined by the FDA. Juice, as long as it is 100% juice, counts as one fruit serving.
2. Due to the high incidence of severe peanut allergies in our programs, **we are a peanut free school!** We do not serve snack foods containing peanuts or peanut products, or ones that are produced in factories which also handle peanut products.
3. Sometimes exceptions are made and a class does not follow the snack menu. Examples include:
  - A classroom cooking project is occurring where children will eat what they baked for snack
  - An adjustment to coordinate with the curriculum (ie. Ritz crackers when talking about circles)
  - A birthday celebration, cultural snack, or other treat is brought from a child's home.
4. When a parent brings in a treat to the classroom for a birthday, cultural event, or other special treat, there are guidelines which must be followed in order to ensure that the staff will be able to serve the snack to the class. Please see this list of guidelines on the following page.
5. We have a number of children with differing allergies. It is our policy to work with the parents to develop a snack plan for their child. This may be one or all of the following:
  - The parent sends in a daily snack alternative for the child
  - The parent sends in snack supplies kept in the classroom to be given to the child when he/she cannot have the WPS provided snack
  - The program provides an alternative snack for that child (as long as the alternative is readily available and not of significant cost differential).



### Lunch Policy

*(for children who bring a lunch from home)*

1. Parents should send in a lunch from home which offers healthy options to reinforce what we are teaching the children at school about nutritious choices. It is preferred that no "junk food" be included.
2. Please ensure that foods are proportional to the children's age and size. There should be enough to fill their tummies, without having so much food that much of it goes to waste.
3. Foods should be put in the lunch boxes cut into small pieces so that it cannot become a choking hazard. For children under 3 years of age, grapes, olives, cherry tomatoes, hot dog slices, baby carrots, etc, should be cut in half. Popcorn and marshmallows are considered choking hazards for children under 3.
4. While children will be offered all items that you have sent in for lunch, they will **first** be offered the healthy choices in their lunch bags. About halfway through the meal, the remaining containers will be opened and offered.
5. A sandwich that is made with any type of almond/soy/sunflower seed/etc. butter resembling the look and smell of peanut butter should be clearly marked on the Ziploc or container what type of butter it is. Otherwise, we will not be able to serve it to your child until the office has been able to reach the parent to confirm what type of butter it is.
6. Any uneaten food is sent home (when in re-sealable containers) for parent to see how much was eaten.



## Policy for Treats Brought From Home

Dear Parents,

We welcome you to bring in a special treat from home to celebrate a birthday or cultural event with your child's classroom. Please note that when a treat is brought from home, **the following very important guidelines must be adhered to:**

- Arrangements must be made with the teacher in advance so that the class snack can be adjusted for that day, and you can receive a list of guidelines as to which foods are acceptable for that particular classroom, which are not, and suggestions for other non-food treats.
- Due to the high incidence of severe peanut allergies in our programs, we are a **peanut free school**. Foods containing peanuts or peanut products, or ones which are produced in factories where other peanut products are produced, cannot be accepted.
- No homemade items (cookies, cupcakes, brownies, etc.), including boxed mixes, may be brought in without a specific list of ingredients, or the box from the cake/cookie mix.
- All purchased food items must be in the original, factory-sealed packaging with a list of all ingredients and processing information. Please note that most grocery store bakeries do not have peanut-free kitchens unless they have specified so on their ingredient label, and can therefore not be accepted.
- Whole fruits or vegetables are highly encouraged.
- We have numerous children with varying allergies. We encourage you to ask your teacher which allergies are present in your child's classroom, and then try to bring in a treat that all the children may share together so that no child feels left out.

*Thank you!*

# Peanut-free Treat Ideas

*Due to the high incidence of severe peanut allergies amongst our children, AUMC Weekday Children's Programs are peanut-free schools. Items cannot be accepted into the classroom if there is not evidence that they were prepared in a peanut-free facility. To assist you in shopping and preparing, below is a list of pre-approved food items we may accept. Thank you for your understanding and cooperation. Our children's health and safety is our #1 priority!*

## ✓ Any Fresh Veggies

## ✓ Raisins

## ✓ Fruit-type Items:

Mott's Individual applesauce cups                      Jello brand Jello cups                      Kraft Graham Cracker

## ✓ Dippers

Swiss Miss Crème Savers pudding                      Motts Fruit Sensation cups                      Kraft Snack Pack  
Applesauce                      Delmonte Fruit to Go cups                      gelatin snacks  
Fruit Roll Ups, Fruit by the Foot, Fruit Gushers

## ✓ Cookies:

Nabisco Oreos and Uh-Oh Golden                      Nabisco Chips Ahoy                      Pillsbury Vanilla frosting  
Meijer Waffle crème wafers                      Stauffers Animal Crackers                      Meijer Oatmeal Raisin  
Dutch Twins brand Crème sugar wafers                      Nabisco Fig Newtons- original and fruit flavors  
Pillsbury and Gordon Food Service brand frozen cut-out sugar cookies

## ✓ Cheese:

String cheese                      American cheese                      Kraft Cheese and pretzels packets  
Kraft cheese and cracker packets                      Kraft Cheese and breadsticks packets

## ✓ Candy:

Marshmallows                      Nerds                      Smarties  
Twizzlers licorice                      Starburst                      Dum-Dum suckers  
Skittles                      gummy bears                      Sweet Tarts (chewy or regular)  
Milk Duds                      Spree                      candy corn  
Jolly Ranchers                      Whoppers                      Kraft caramels  
Life Savers                      Tootsie rolls                      Swedish fish  
Tootsie Pops

## ✓ Doughnuts:

Entenmann's Donuts- glazed buttermilk, glazed pop-ems, rich chocolate  
Meijer brand donut holes- plain, chocolate, powdered sugar, cinnamon  
Hostess mini or regular muffins  
Entenmann's little bites muffins- blueberry, chocolate chip with raisins, real strawberry, raspberry  
Lenders brand bagels- plain, cinnamon, raisin, salt  
Dolly Madison Fingers

## ✓ Yogurt:

Dannon yogurt cups                      Gogurt

## ✓ Ice cream and popsicles:

Popsicle brand tropical pops, melon pops, crème pops, twin pops, rainbow pops, scribblers, fire crackers  
Edy's brand Whole Fruit bars                      Minute Maid Juice bars  
Nestle Ice Creamers or 100% juice bars                      Double Lemon Extra Tangy Lemon Ice Chill Fruit ice  
Meijer Orange gliders orange sherbet                      Meijer ice cream sandwiches

✓ **Other Snack Items:**

Pepperidge Farm Goldfish (mini size only)	Cheez-Its	Graham crackers
Cheetos- puffed or crunchy	Fritos	Sargento Snack Sticks
Doritos	Pringles	Tostitos
Kellogg's NutriGrain bars	Kellogg's Pop Tarts	
Kellogg's Pop Tart Snack Sticks	Lay's Potato Chips	Kellogg's Rice Krispie Treats
Teddy Grahams and Teddy Cheddar	Entenmann's Snack bars (rainbow chips)	
Entenmann's Multi grain chewy cereal bars- chocolate chip with raisins, real strawberry, raspberry		

**PLEASE NOTE:** All grocery store bakeries in our area (Giant, Safeway, Harris Teeter, Whole Foods, Trader Joe's, Food Lion, Wegmans, Shoppers Food Warehouse) confirm that they are peanut contaminated. However, Giant does have one local peanut-free bakery from which they deliver baked goods to their stores in our area. These items specifically state on the labels "PRODUCED IN A NUT-FREE FACILITY" (see example below). Items with this label may be accepted.

## Gluten-free Snack Ideas

*Some classes have children with gluten allergies. Your teacher can let you know if this is the case in your child's classroom. If so, we appreciate when parents bring a treat that these children can also enjoy. Below is a list of gluten-free snack ideas.*

- **Fresh fruit-** most fruit cups are gluten free
- **Fresh veggies**
- **Cheese-** sticks, shapes, string (but not shredded)
- **Raisins-** Sun-Maid
- **Applesauce-** most brands without added flavorings are gluten free
- **Chewy Fruit snacks-** most brands are gluten free
- **Juice-** most brands are gluten free
- **Yogurt-** most brands without added toppings, like Stonyfield Farms, Yoplait Go-gurt, Trix, Dora
- **Rice cakes and Corn Thins**
- **Cereal-** some Chex cereals are now gluten free, Erewhon Brown Rice Crisps, Koala Crisp, Panda Puffs, and **Kellogg's Gluten Free Rice Krispies**
- **Popcorn-** Smart Pop Orville Redenbacher, Jiffy Pop, Act II (except extreme butter)
- **Kettle corn-** LesserEvil Classic, Orville Redenbacher
- **Gelatin cups-** Jell-o, Wegman's brand
- **Pudding cups-** Jell-o, Swiss Miss, Hunt's, Wegman's
- **Tortilla chips-** most brands without added flavorings are gluten free, Tostitos, Mission, Wegman's
- **Corn chips-** Fritos, Wegman's
- **Other snacks-** Cheetos, Original Tings, Pirate Booty, Cheddar Airs
- **Potato chips-** most brands without added flavorings are gluten free (Ex. Lay's Original, Lay's Staxx, Wegman's, Utz, Ruffles, French's Potato Sticks)

## Non-food Item Suggestions

- |  |                         |
|--|-------------------------|
| * Goody bags with age-appropriate toys | * Deck of cards         |
| * Balls                                | * Small stuffed animals |
| * Pencils                              | * Animal figures        |
| * Erasers                              | * Stickers              |

*\*Please check the age safety requirement listed on the manufacturer's label for possible small/unsafe parts for children under 3 years of age.*