

Snellville United Methodist Church
Preschool & Kindergarten
Healthy Snack Suggestions

Toddler and Older Suggestions:

- Cheese toast
- Quesadillas
- Cinnamon toast
- Cheese Slices
- String Cheese
- Wheat Thins
- Bread sticks
- Muffins
- Cookies made with whole grains
- Dry cereal (with low sugar content)
- Raw fruit or vegetables in sticks, cubes, slices or sections (e.g. Bananas, Raisins, Apple slices, Berries). Can be plain or with peanut butter. Note: Carrots and Grapes are not permitted due to increased choking hazard.
- Saltines, plain or with peanut butter, cheese, etc.
- Graham crackers, plain or with peanut butter
- Cheese crackers such as Goldfish
- Hard cooked eggs, sliced or halved
- Pretzels (no sticks for toddlers)
- Ethnic dishes that are special to your family

Three and Older Suggestions:

- Popcorn
- Meat sticks
- Granola
- Dips for fruits or vegetables
- Trail mix (without nuts)
- Custards or puddings
- Fruit kabobs (no toothpicks for children under 3)
- Celery sticks with peanut butter and raisins

Please note any allergy alert information attached to the Snack Bag or Basket and refrain from sending any item(s) listed on the allergy alert information. If your child is severely allergic to any one thing or to many, we would prefer that you provide his/her snack every day. Better to be safe than sorry! Remember, the foods children most often choke on are hot dogs, nuts, and grapes. Children are most likely to be allergic to chocolate, milk, and nuts.

Please complete the Ingredients Card included in the Snack Bag or Basket if you are providing a homemade Healthy Snack. Store bought snacks should be unopened and in their original package.

Also, please remember to send necessary supplies with the snack such as cups, napkins, spoons and water, etc. Toddlers do not need cups. Generally, 6 water bottles or 1 gallon jug of water is sufficient for the entire class.