

Toddler and Primary Snack Guide

Nut-Free • Low-Sugar • Fresh & Simple

There are **9 children** in each Toddler classroom and up to **20 children** in Primary (you may check with your teacher for current enrollment numbers). You may drop all snacks off in the classroom Monday morning (or Friday if you are part time and not here on Monday).

We serve **two snacks per day**:

- **Morning Snack:** *Fruit + Grain*
 - **Afternoon Snack:** *Vegetable + Grain*
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Important Reminders

- **Please do not wash, peel, or cut** fruits or vegetables at home — we are required to prepare all produce in-house.
- Items must come in **original packaging with the list of ingredients and unopened**.
- **We cannot accept home-cooked items**, including baked goods or pre-cut produce.
- All items must be **nut-free** (no peanuts or tree nuts, including pine nuts).
- Please avoid **sugary snacks** (like cookies, fruit snacks, or sweetened yogurts).

You're welcome to bring anything that inspires you, as long as it fits the above guidelines. Variety is encouraged!

****Quantity listed is for Toddlers- please x2 for Primary for 20 children or x 1.5 for 12-15 children**

Fruit Options (choose one per morning snack):

- Apples (3-4 whole)
- Bananas (5 total, 1/2 per child)
- Cuties (1 orange per child)
- Naval Oranges (3-4 whole)
- Watermelon (1 small or 1 large for two snacks)
- Grapes (1 bunch)
- Pineapple (1 whole)
- Cantaloupe (1 whole)
- Pears, peaches, or plums (4 whole)

- Strawberries (1 package)
 - Blueberries, or raspberries (2–3 small containers)
 - Natural fruit leather (unsweetened — 1 per child)
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 **Vegetable Options (choose one per afternoon snack):**

- Cucumbers (1–2 large)
 - Sweet peppers (1 small bag)
 - Cherry tomatoes (1 pint)
 - Sugar snap peas (1 bag)
 - Frozen peas (1 bag)
 - Avocados (2–3)
 - Edamame (1 bag)
 - Seaweed snacks (1 multi-pack)
 - Baby Carrots (not for toddlers as uncooked they are a choking hazard)
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 **Grain Options (choose one per snack):** - Please check that granola bars and crackers are nut free including almond free.

- Crackers (e.g., Ritz, Triscuits, Wheat Thins, Rice Cracker)
- Graham crackers
- Goldfish crackers
- Pita chips
- Whole wheat bread
- English muffins
- Pretzels
- Veggie straws
- Tortilla Chips
- Pirate's Booty

 **A large “family size” box or bag usually provides enough for 2 snack times for 9-10 children.**

Optional spreads (if you'd like to send):

SunButter, jam, butter, hummus (*no pine nuts*), or **guacamole**