

Snack and Drink Guidelines

FPCP requests that all snacks and juices be commercially prepared and kept in the original, unopened package until snack time. If a snack item needs to be prepared, i.e. cut up, peeled or sliced, the kitchen area may be used. We require the member preparing snack to wash their hands with warm water and soap prior to preparation.

ALLERGIES

Due to the fact that many children are extremely allergic to nuts and their derivative products, FPCP has established a policy which requests that products containing nuts, peanuts, peanut butter, or any product that contains coconut NOT be brought into the classroom. Each member will receive specific information pertaining to any food allergies that a child may have in their child's classroom. This information will also be posted in the classroom.

SNACK

Fruit (apples, grapes, bananas, peaches, pears, applesauce, etc.)

Please cut and prepare the fruit appropriately, grapes must be cut in half for all classes except Pandas.

Vegetable sticks (with dip)

Please cut appropriately

Raisins (or other dried fruit)

Cheese (squares or string cheese)

Crackers, bread or pretzels with cheese spread

Snack mix or dried cereal

Pudding cups

Jell-O cups

Yogurt

Granola or breakfast bars

Muffins

Bagels (cream cheese)

Flavored rice cakes

Frozen Fruit Bars

Rice Krispie Bars (commercially packaged)

DRINK

Milk or Juice. Please try to bring 100% juice products if able. You may either bring it in a can or jug of commercially prepared juice or bring individual juice boxes or packets.

Note: This is only a partial list. Use your experience and bring what you feel would be nutritious and delicious.