

LCDS Snack Program

- Please bring enough food for 17 children on your scheduled Parent Helper/Snack day. We estimate about 4 pieces of fruits or vegetables and about 4 crackers or bread pieces per child.
- Please bring a beverage; milk (2 Litres white or chocolate) is the preferred choice. (water will also be offered). Fruit juice is also acceptable but we would like to limit the amount of juice the children receive. NO NUT MILK please!
- For September, if your scheduled day has two children listed, the first child will bring the snack and the second child will bring the beverage.

Some Tips To Follow

- Please ensure that the snack you send is nut free (Peanut & Tree Nut), it is unopened, and in its original packaging. **We need to be able to check the ingredient list for allergies.** If you are bringing part of a COSTCO food item, please take a photo of the ingredient list and show it to us or email it to us.
- **Please do not bring** homemade, precut or already prepared snacks. Due to allergy and Alberta Health considerations, snacks must be prepared at the preschool in our licensed kitchen.
- Fruits or vegetables must be prepared at the preschool. You may also send a small fruit or small vegetable tray that has been prepared and packaged from the grocery store.
- **Please do not purchase** cut meat or cheese from the deli as we do not know if they have cut pork products on the slicer.
- **Please send healthy snacks.** Please do not bring treats such as cookies, cupcakes, etc. on a regular day; we will have the opportunity to do this on Birthdays and class party days.
- **Read the parent helper schedule each month when the newsletter comes out so you know when you have been scheduled.** Check the allergies and the designated snack for the day you have been scheduled. If you have been scheduled for a day that does not work for you, please speak with the school office as soon as possible.
- Always check the allergy lists before considering something new.
- We only keep basic ingredients in the cupboards which we use in the classroom on a regular basis, so please check to see if you need to bring anything extra for the snack you are planning to send and ensure the ingredients are new and unopened prior to coming to the classroom. If you are sending something which requires a 1/2 cup of milk, purchase a small 250ml container of milk to bring with you.

- Grains – The word “Grains” is used in the Canadian Dietary Guidelines and represents the bread group. This may consist of any type of bread item, crackers, granola, rice, quinoa, pasta, etc. Please try to send a variety of healthy grain items throughout the year to accompany the fruit, vegetables, cheese or sandwiches.

***Remember, most children at this age like familiar, routine and simple foods; if you are going to send something different, try smaller portions of the new item, and perhaps provide a familiar item to go with it for those who do not want to try the new food.

***Portion size – Remember it is a “snack” not a “meal”. A few pieces of vegetables or fruit and a few pieces of the bread item are more than enough for each child.

Snack Suggestions



- Fresh fruit (apples, oranges, bananas, grapes, kiwi, strawberries, watermelon, honeydew melon, pears etc.)
- Fresh vegetables (carrots, celery, broccoli, cauliflower, cucumbers, cherry tomatoes, bell peppers, snap peas, spinach or lettuce, etc.)
- Dried fruit (raisins, cranberries, apricots, apples, banana chips, blueberries, pineapple, etc.)
- Breakfast or granola bars (no marshmallows in the ingredients please, nut free)
- Mini or regular size rice cakes; flavored or unflavored.
- Pretzels (sticks or pretzel shape)
- Tortilla rounds, Pita bread rounds, Pita pockets, bagels, buns, etc.
- Crackers (healthy crackers are preferred, whole grain, wheat thins, Triscuits, etc.)
**Shaped crackers are fun but they are not the healthiest choice for our kids.
- Cheese (Cheddar, marble, mozzarella, cheese strings, etc.)
- Bread – Dempsters or Wonderbread Brands (Whole Wheat or White) are usually nut free, -please check the ingredient list for allergens.
- Chicken or turkey hot dogs and Hot dog buns (where possible purchase Halal chicken or turkey meats)
- Nacho chips, shredded cheese, guacamole and salsa.
- Sandwich fillings – Chicken or Turkey meat (where possible purchase Halal chicken or turkey meats), cheese, cream cheese & cucumbers, cinnamon spread, wow butter, jam, tuna or salmon, etc.

****Please look for a nut free label, read the ingredient list (check to make sure it is Peanut & Tree Nut free) on prepackaged goods such as breads and crackers! Where possible please purchase Halal chicken or turkey meat.**

PARENT CHOICE DAYS

If you are scheduled for a **PARENT CHOICE** day, please bring the ingredients for a special snack for that day. The teacher's would like to introduce your children to new foods, see some of the suggestions below. If the snack needs special equipment or preparations, speak with the school office first to make sure we can accommodate your idea. We have a microwave, toaster oven, blender, hand mixer, electric griddle and fry pan, toaster, and we have access to the church kitchen stove/oven.

Parent Choice Snacks could be one of the following ideas:

- Grilled Cheese Sandwiches
- Quesadillas (Tortillas filled with shredded cheese, folded and toasted in a fry pan)
- Pancakes
- Hot Dogs
- Macaroni & Cheese
- Wraps (Tortillas filled with vegetables, cheese and chicken or turkey meat)
- Canned Soup with gold fish crackers (homemade soup could also be done in class using vegetable broth as a base)
- Spaghetti with Sauce
- Mini Pizzas
- Scrambled Eggs and Turkey Bacon
- French Toast
- Oatmeal with fruit
- Fried or Steamed Rice with vegetables
- Perogies with sour cream
- Fruit Salad
- Vegetable Salad
- Ramon Noodles
- Plain Pasta or with cheese
- Tacos
- Hummus and chips
- Guacamole, salsa and nacho chips
- Spring rolls
- Vegetable Gyosa (Chinese dumplings, pot stickers)
- Tuna or Salmon sandwiches
- Pizza bread
- Home made muffins or cornbread
- Pasta with Alfredo Sauce and Broccoli, Cauliflower or Sweet Potato
- Quinoa with frozen mixed vegetables
- Rice with frozen mixed vegetables
- Bow tie pasta with peas or mixed vegetables

Cheese and Grains Day

- Try round crackers and bring pizza sauce, grated cheese (packaged from the store or grated in the classroom), and any other pizza fixings your child may like. Pass out to the children so they can make their own pizzas or assemble and toast.
- Bagels, Pita Pockets, tortilla wraps or English muffins could also be used, cut them in half, or in quarters.
- Pizza crackers could be pre-made (in the classroom) with sauce and cheese, and melted in the microwave.
- Bagels and cream cheese cut in quarters.
- Cut cheese into cubes or shapes.
- Purchase pre-cut cheese tray or pre-cut shape cheese from the store.
- Purchase “String” cheese.



- Purchase shaped crackers, i.e. Goldfish, Teddy Grahams, Mini Ritz, Pretzels, Bread Sticks, Mini Rice Puffs (flavored), etc.
- Try two types of cheese – Cheddar, Mozzarella or marble. If trying something new with the children, try a smaller quantity, and have a familiar cheese to offer with it.
- Cheese slices could be used and cut into shapes, with a cookie cutter.
- Cheese Whiz could be used to spread on crackers.
- Flavored or plain cream cheese could be used to spread on crackers, flavored cream cheese goes well with Graham crackers or gingerbread cookies.
- Wensleydale cheese with fruit in it goes well with Graham crackers or gingerbread cookies.
- Mascarpone cheese and crème fresh can be mixed together and spread on graham cookies and serve with cut up fruit on top. (Cream Cheese could also be used)

Fruit and Grains Day



- Try Graham crackers, Digestive Biscuits, Teddy Grahams, or other shape crackers or animal crackers.
- Try mini bagels, or bread sticks.
- Fruits can be fresh, frozen or canned; always prepared in the classroom.
- Flavored yogurt goes well with fruit.
- Bananas rolled up with flavored (i.e. strawberry) cream cheese in a tortilla shell.
- Waffles or Pancakes could be made in the classroom, and served with fresh fruit.
- Mini sponge cakes could be used with fresh, frozen, or canned fruit.
- Fruit salad with Graham crackers.
- Use stick pretzels to make fruit kebabs.
- Fruits that are generally well received by the children are: Strawberries, watermelon, cantaloupe, honeydew melon, grapes, bananas, oranges, kiwi and apples.
- Use a melon ball cutter to make round servings of watermelon, cantaloupe, honeydew or casaba melons. Serve in a “melon” style bowl. (Cut melon in half with a zigzag edge, scoop out some of the meat, and fill with the melon balls.)
- A prepared fruit tray from the store may be sent, please keep it small.

Sandwich Day

- For Sandwich day: Please bring the bread, and the fillings you wish to use. There are many different choices for the bread. Fillings may consist of meats, fruits, vegetables or cheese.
- We keep Becel margarine, “Wow Butter”, and jam in the classroom refrigerator for your use.
- Spreads such as cream cheese, flavored cream cheese, cinnamon spread, jam, or WOW Butter are good fillers for a sandwich. Please check the allergy lists, if someone is allergic to cinnamon, the cinnamon spread would not be a good choice.
- We try to offer the children a selection of different types of sandwiches when we have sandwich day. Please make an assortment of sandwiches (at least 2 choices), some jam only, meat only, cheese only, veggies only, butter only (for the picky child). It is always nice to have at least 2 choices prepared. Keep them simple, most kids just like butter and bread. We usually calculate 2 – ¼ sandwiches per child (1/2 of a full sandwich).
- Try cutting bread, meat and cheese slices into shapes with a cookie cutter.
- Try using other types of bread, i.e. Whole wheat, bagels, English muffins, buns, tortilla wraps, mini pita pockets, croissants, cheese buns, pita rounds, baguettes, mini buns, etc.



- Try making a “big” Submarine sandwich with the children, alternate cheese only, chicken only, etc. and slice into smaller pieces for each child. Individual subs could be made with hot dog buns or mini rolls.
- Mini frozen Pizza’s, frozen Bagel Bites or frozen Mini Pizza Pockets could be used, and heated in the microwave or church oven.
- Tacos could be made with soft tortilla wraps or pita pockets, use shredded cheese, lettuce, tomatoes, cucumber, red or green peppers. Chicken or Turkey processed lunch style meats, can be cut into strips and added to the veggies. On a cooking day you might cook a ground beef or chicken taco filling.
- Cucumber or Tomato sandwiches could also be made with thinly sliced veggies. Plain cream cheese can be added.
- Use stick pretzels to make kebab sandwiches.
- Flavored cream cheese or jam spread on bagels or English muffins with cut fruit on top.
- Sliced apples or strawberries on cream cheese on bread, bagels or English muffins.

Veggies and Grains Day



- Ranch and Cucumber dressing is kept in the classroom refrigerator, to use for vegetable dip.
- Dip could be made with the children, if you have a favorite vegetable dip you like to make at home, send the ingredients and we can assemble in the classroom.
- Popular vegetables – carrots, celery, broccoli, cauliflower, cherry tomatoes, red, yellow, orange, green peppers and cucumbers.
- Veggie wraps could be made with the children. Cut 12” tortilla wraps in half for serving: add alfalfa sprouts, shredded lettuce, cucumber, carrots and celery cut into thin strips, etc. Shredded cheese may also be added.
- Wraps can also be made from small tortilla shells, rice wrappers, or lettuce; wrap like a spring roll, cut in half and serve with dip.
- Pita pockets could be filled with the same ingredients as the wraps. Purchase the individual size pita pockets, and let the children fill. Cheese could also be added to the vegetables, shredded or thinly sliced.
- Cream cheese mixed with dill or other vegetable flavored cream cheeses, could be spread on crackers, and thinly sliced vegetables could be put on top, such as cucumbers, carrot curls, tomato slices, broccoli etc.
- Hummus with Pita Chips or Tzatziki (Cucumber dip) could be tried as well.
- Marinated vegetables, Pasta, Tossed, Greek, Caesar, Chef, Coleslaw or Waldorf.
- A prepared vegetable tray from the store may be sent, please keep it small.
- Vegetable pizzas could be made with pita for the crusts and add red/green peppers, mushrooms, tomatoes, etc. for vegetable choices.

Beverages

- Water is always offered as a beverage choice along with whatever has been brought in to provide an alternate choice.
- Milk – white or chocolate or any of the flavored milks
- Hot chocolate
- Milk shakes packaged or made in the classroom
- Fruit smoothies packaged or made in the classroom
- 100% Fruit Juice assorted flavors
- Fruit water – add cut up lemons or strawberries and mint leaves or cucumber, etc. to infuse in the water
- **NO NUT MILKS OR BEVERAGES PLEASE!!**



Birthday Snacks

On your child's scheduled "Birthday" Snack Day, please bring a "Birthday Snack" **instead of the regular scheduled snack.

You may bring a nut free cake, nut free cupcakes or nut free ice cream or frozen treats. The cake or cupcakes must be Peanut and Tree Nut free. **Please bring some fresh fruit to go with the cake, cupcakes or ice cream.** Beverage may be Milk (chocolate or white) or Juice.

Please use one of the Nut Free Bakeries if you will be bringing a cake (Bliss Bakery, Grandin Bakery, Kinnikinnick Foods, Fuss Cupcakes). Superstore, Wal-Mart and Costco all carry Peanut/Tree Nut free treats. Wal-Mart and COSTCO carry a brand called "Treasure Mills" and "School Safe" products.

**** Please read the ingredient labels, some products are labelled peanut free but not tree nut free. If it says "may contain peanuts or tree nuts" in the ingredient list it means the food has been packaged in a facility that also processes nuts. We will not serve these items.**

Chapman's Ice cream has several choices which are nut free and Gluten free, always check the ingredient labels.

Superstore



Wal-Mart



Field Trip Days, Gym Days and In Class Presentations

If you are scheduled for one of these special events, please bring a packaged snack that is allergy safe for all children in the class. A beverage is not needed unless it is listed on the schedule. On these event days all children will be in attendance. Check with the school office to find out how many children there are in the class or check the snack schedule, it should tell you how many in the special days section at the bottom.

Allergy safe packaged snacks for field trip days could be any of the following items:

Cheese Strings

Del Monte Fruit twists

Sun Rype Fruit to Go Products

Individually packaged Gold Fish crackers or other individually packaged crackers

Quaker Brand or any other **NUT FREE** granola bars

****Food labels/ingredients** may change over time, so it is always recommended that you read the label before purchasing snacks. If you notice that a label has changed, **PLEASE DO NOT BUY THE SNACK EVEN IF IT IS ON THE LIST.** Instead, please make a note of the item, choose another snack, and notify the office of the changed item so we can update our list.