



PARENTS COOPERATIVE PRESCHOOL

NUTRITION GUIDELINES

Two snacks required: Snack #1 from Column A; Snack #2 from column B -or- C and also 100% juice or milk to drink.

COLUMN A

Fruits and Vegetables

Cucumbers
 Broccoli
 Green beans
 Green/red peppers
 Sugar snap peas
 Carrots
 Celery
 Veggie "matchsticks"
 Strawberries
 Raspberries
 Blueberries
 Oranges
 Apples
 Grapes
 Melon (Watermelon, Cantaloupe)
 Peaches
 Pears
 Raisins
 Pineapple
 Banana

COLUMN B

Whole Grains

100% whole wheat bread
 100% wh. wheat bagels/English muffins
 100% whole wheat crackers
 Oatmeal
 Shredded wheat cereal
 Toasted oat cereal
 Whole wheat pretzels
 Graham Crackers Sticks
 whole wheat tortillas
 whole wheat goldfish
 air/natural popcorn
 granola bars
 homemade healthy snacks are acceptable

COLUMN C

Dairy/Protein

Low-fat yogurt
 low-fat frozen yogurt
 low-fat string cheese
 Low-fat pudding
 low-fat cottage cheese
 hard/natural cheeses
 Hummus
 Bean dip
 Peanut butter

*www.mypyramid.gov

www.mayoclinic.com

Exclusion list: potato chips, fruit snacks, cheese/peanut butter filled crackers, teddy grahams, vanilla wafers, Sunny D.

Holiday and Birthday Treat Policies

Holidays:

Unless otherwise instructed by classroom teacher, we ask that food items/treats not be brought to the classroom for holiday celebrations (i.e. Christmas, Valentine's Day, St. Patrick's Day). If you and your child would like to share with classmates on these holidays, we ask that you choose to bring a non-food item (i.e. pencils, stickers, tattoos, etc).

Birthdays:

If you and your child decide to provide a birthday treat the day/week of your child's birthday we encourage healthy choice selection; however, we do not have any specific regulations outlined at this time.