



SNACK IDEAS + GUIDELINES

Each class will have a designated time each morning for the children to enjoy a snack they have brought from home. Sometimes we will enjoy snack outdoors picnic-style, or indoors seated at tables. Regardless of the day, families should pack a small snack, something easy for your child to manage, following any allergy guidance in your classroom. See below for ideas and our guidelines.

What should I pack for snack?

This is one of the most popular questions parents ask us. To help make it simple, we have created this list of favorites over the years with the input of parents, teachers and a nutritionist. We suggest packing a small handful from Column A (carb/dairy/crunchy) and one from Column B (fruits/vegetables) for each day. On Fridays, fresh challah will also be provided to each class by the Nursery School on Shabbat, so take that into account with your snack planning.

COLUMN A	COLUMN B
Bagels mini - (with or without spreads)	Apples or Pears - sliced
Bread Sticks	Apple Sauce
Cereal - healthy grains	Bananas - 1/2 per child
Cheese	Blueberries, Raspberries, or Strawberries
Chips - whole grains, tortilla, vegetable	Celery, Cucumbers, or Carrots*- sliced
Crackers	Cherry Tomatoes
Graham Crackers	Edamame, or Sugar Snap Peas
Granola/Cereal Bars	Grapes - cut in 1/2 for 2s and 3s
Matzah	Hummus, Guacamole, or other healthy dips
Mini-Muffins/Puffed Snacks/Veggie Sticks	Mango - sliced
Pita-bread or chips	Oranges or Clementines
Popcorn*	Peaches, nectarines, or plums - whole or cut up
Pretzels	Pineapple - sliced or cubed
Puffed Snacks/Veggie Sticks	Raisins, Craisins, or other dried fruits
Rice Cakes	Watermelon or Melon - cut up
Yogurt, Cottage Cheese	Zucchini - sliced

How should I package the snack? To help your child enjoy snack no matter where we choose to eat it, [we suggest a small container that can hold all items like this one](#). If your child stays for lunch, you can put it inside their lunchbox labeled as "snack", or simply place in their backpack for the day. Please be sure all containers are well-labeled, including your child's water bottle!

Is there anything I cannot pack? Please do not send in peanuts, anything containing peanuts or treyf (shellfish and pork). The Temple and Nursery School maintains a peanut-free environment whenever possible. Home baked items must not contain peanuts or peanut products. Treyf (pork and shellfish) foods are also not permitted in accordance with Jewish tradition. Teachers will notify parents about allergies in the class that may need to be considered when packing snack, but because students are bringing their own snacks, that will be limited. **THANK YOU!**