



Community Snack at TCS

TCS NO NUT POLICY:

Due to an increased number of children with life threatening allergies, The Children's Toddlers, Preschool, Prekindergarten and Kindergarten classrooms are nut-free. Please do not pack any food in your child's lunch or snacks that contain any type of nuts or peanut butter. If your child has any type of food or environmental allergy, please notify your child's teachers.

Please avoid snacks and lunches that contain **peanuts, peanut flour, peanut oil, peanut butter**, or other nuts. This includes items with almonds, coconuts, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, and walnuts.

Please note: **Food labels/ingredients may change over time**, so it is always recommended that you read the label before purchasing, Please read labels carefully to make sure the products are nut free. This includes labels that read “may contain traces of peanuts/nuts” or “ manufactured in a facility that also processes peanuts (and/or other nuts)”.

Example: CONTAINS PEANUT AND EGG INGREDIENTS

Thank you for your consideration and support in keeping the food-allergic children safe from having a life-threatening allergic reaction at school.

Community Snack Suggestions:

As our society learns more about the nutritional content of our food, more of our TCS families are leaning towards whole and organic foods while staying away from foods that are highly processed, foods with refined sugars and partially hydrogenated oils. Teachers at TCS recognize the value of this and would like to encourage these nutritional ideals in the classroom during snack and birthday celebrations.

Included here is a list of suggested snack items which can be found at popular grocery stores in the area.

When providing snack for your classroom, please include a veggie or fruit. Community snack time is a great opportunity for your child to bring something new for other children to try. Here are our recommendations but please feel free to confer with the classroom teacher if you have questions.

Fruits/ Vegetables

- Any fresh fruit (apples, oranges, pears, blueberries, strawberries, etc.)
- Fresh vegetables (carrots, celery sticks, cucumber slices, broccoli, etc.)
- Applesauce cups (unsweetened)
- Edamame

Cheese/ Dairy

- Yogurt (individual cups or tubes)
- String cheese, sliced or cubed cheeses

Protein

- Hard boiled eggs
- Sliced turkey or lunch meet
- Hummus

Crackers/Snack Items

- Kashi crackers
- Pirate's Booty
- Pretzels
- Bagels (mini-sized)
- Homemade muffins or bread (please bring in ingredient list).

These are some suggestions but please do not limit yourself to these choices. We encourage you to bring in your own favorite healthy snacks that your family enjoys, and to share any unique or traditional foods that your family prepares at home.

Here are a few items we would prefer not to have as part of community snack:

No juices, juices boxes or chocolate milk

No dessert items or donuts

Special Birthday Treats

We encourage you to celebrate your child's birthday with the class. You may bring a special small snack to share, which we typically enjoy after lunch or before dismissal. Please keep in mind that depending on the size of your child's class, there may be many birthday celebrations throughout the school year. Our goal is to focus on the celebration and keep the birthday treat portion small and simple. You may always check with your classroom teacher prior to your child's birthday for ideas.

Here are some items we encourage for birthday treats:

- Popsicles, whole fruit bars, juice bars
- Frozen bananas
- Cuties soy ice cream sandwiches

Thank you for all your efforts in keeping our students healthy and helping us to encourage healthy eating habits all year long. We do appreciate all our families who bring in yummy nutritional snacks for the classroom to enjoy.