

# Snack Time:



At Kiddies Korner Playschool, each child will bring **their own snack**.

Remember that Kiddies Korner Playschool is **nut-free**. Check the **allergy list** for any food allergies in your child's class.

We ask that snacks be **healthy** and that you try to pack items from at least **2 different food groups**. Snack ideas: apples, oranges, grapes, bananas, veggies and dip, crackers, cheese, sausage, muffins, cheese buns, yogurt, pretzels, Rice Krispie squares, pudding, etc. Remember that at this age, simple snacks are best. No gum or suckers, please.

Your child does **not need** a lunch kit, as a Ziploc bag will do the trick.

Please send a **water bottle** with your child and don't forget to label it.

**Remember; this is snack – not lunch.**

**During Snack Time** the children have an opportunity to independently take care of themselves (eg. washing their hands before and after, and cleaning up). We find that Snack Time is also a time when great conversations are shared among the children. We will **not allow sharing** of snack items.