



Hollis Preschool

SNACK TIME

New for the 2020/2021 school year, Hollis Preschool will ask families to provide snacks and lunches on a daily basis for their own child. All morning classes take a mid-morning break for snack time, when the children sit around the table in small groups to enjoy a healthy snack. The afternoon classes will enjoy a healthy lunch and social time with their peers.

A few notes about snack/lunch time:

- Please send your child in each day with a reusable water bottle, filled with water, and **labeled with their name on it**.
- Celebrations (including birthdays) will not include communal food.
- **Hollis Preschool is a NUT-FREE environment.**



Make sure to read labels and choose snacks that do not contain traces of nuts, and are made in a nut-free facility.

NUT-FREE SNACK IDEAS

Fresh/dried Fruit

- apples slices
- orange segments, *peeled*
- grapes (must be cut in half)
- apple sauce cups (please provide spoons)
- bananas
- blueberries
- cantaloupe, cut into pieces
- Honeydew melon, cut into pieces
- dried apple rings
- raisins or dried cranberries

Fresh Veggies

- thinly sliced carrot sticks with hummus
- cucumber slices
- red pepper strips
- celery sticks
- edamame
- sugar snap peas
- snow peas with ranch dip
- cherry tomatoes (must be cut in half)
- sliced zucchini

Dairy and Grain

- cheese and crackers
- string cheese
- pretzels
- yogurt cups
- banana bread (no nuts)
- gold fish / cheddar bunnies crackers
- *nut-free* granola bars (check label), such as Nutri-Grain bars
- Nature's Bakery fig bars
- Cheerios or Chex
- Pirate's Booty