



evergreen kids corner cooperative preschool

201 South 8th Street, Hamilton, MT, 59840 • 406-363-1688 • evergreenkidscorner.org

Approved Snack List

Due to the increase in food allergies and the severity of their reaction, our school follows a practice of avoiding all NUT products such as nut butters (peanut, almond, etc.) and any pre-packaged foods that may contain nuts. Please let us know if your child has a different food allergy and we will accommodate them as well.

At EKC we would like to promote good eating habits and provide healthy snacks for our children. As a general guideline we should have snacks containing:

- whole grain, high fiber and unprocessed food
- low fat (especially low saturated fat and absolutely no trans fat)
- no added sugar and no artificial additives (artificial coloring, artificial flavoring)
- low sodium (low salt)
- **no nuts, no popcorn, no grapes, no hot dogs, no hard candy (choking hazards)**

The following are a list of healthy snack items which we recommend.

Please bring at least one of the following:

Fresh cut veggies

Fresh fruits (no grapes, because of choking hazard)

Other choices:

Yogurt, Cottage Cheese, Cheese

Smoothies (the school has a blender; no added sugar or syrup)

Muffins, breads (low fat and low sugar)

Pretzels, Breadsticks

Crackers (Goldfish, Triscuits, Wheat Thins etc.)

Rice cakes or rice crackers

Cheerios-plain

Baked Tortilla chips

Sandwiches, pizza, quesadillas

Granola (no nuts, no added sugar)

Dried Fruit

We serve water or decaffeinated tea. No juices please!

We should limit sweets for celebrating birthdays only. We would like to avoid overloading our kids with too much sugary food on holidays, so instead of parents bringing sweets to the school the teachers will make the treats with the kids.

This list is only a small portion of the possibilities but please try to adhere to the general guidelines as much as possible. Please feel free to tell a Board member if you have any suggestions or questions. Thank you for your cooperation!

Please bring a non-perishable snack for 10-12 children on your child's first day of school. This will be stored in the EKC pantry and will be used as needed.