



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 it.

At EKC we want to promote good eating habits and provide healthy snacks for our children. As a general guideline, snacks should be:

- whole grain, high fiber and be minimally processed
- minimal 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 would make great snacks at EKC. Please plan to bring at least one fresh fruit or vegetable (or both!) and other item(s).

Fruit (cut up/sliced makes it easier for children to eat)

Vegetables (cut up/sliced makes it easier for children to eat)

Yogurt, cottage cheese, cheese

Smoothies (the school has a blender) made of fruit and/or veggies and yogurt

Muffins, breads

Pretzels, breadsticks

Crackers

Rice cakes or rice crackers

Toast

Baked tortilla chips

Sandwiches, pizza, quesadillas

Granola

Dried Fruit

Unprocessed meat or hard boiled eggs

To drink, we serve water or decaffeinated tea, which EKC will provide.

At EKC, we try to keep sweets to a minimum and save them for celebrating birthdays; on occasion, the teachers may bake other treats with the children to enjoy at school or to bring home.

This list is only a small portion of the possibilities of things you can bring for snack. Feel free to let your imagination go wild and have fun! If you have any suggestions or comments, please feel free to contact a Board member.

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.