

Griswold Early Education Program

Snack & Lunch Guidelines

We are excited to partner with you in encouraging healthy eating habits at school! Following CACFP meal requirements, we've put together this reference to make packing home lunches (school day only) and snacks (all sessions) simple and stress-free.

 **What to Leave at Home:** To keep our classroom safe and healthy, please leave these items out of school lunches and snacks:

- **Junk Food & Sugary Treats:** Candy, chocolate, cake, cookies, potato/tortilla chips.
- **Chocolate & Sweets:** No chocolate-flavored pudding, Nutella/chocolate spreads, marshmallow fluff, or baked goods with chocolate chips.
- **Choking Hazards:** Popcorn, pretzels, and raw carrot sticks.

Safety Tip: Always pack an ice pack in your child's lunch box when sending perishable items like cheese, meat, yogurt, or eggs! We are not able to store perishable items at school. Additionally, consider a thermos for hot items, as we are not able to warm up snacks/lunches.

Preschool friendly approved ideas to help bodies and brains grow:

Fruits & Veggies

- **Cut Fresh Fruit:** Grapes (always slice lengthwise or in quarters)
- **Fruit Cups & Pouches:** Unsweetened fruit cups or applesauce pouches/cups
- **Dried Fruit:** Raisins, Craisins, or dried fruit
- **Vegetables:** Soft or bite-sized veggies (ex., cucumber slices, steamed broccoli, - *no raw carrots*)

Protein & Dairy

- **Cheese:** Cheese sticks, cubes, or slices
- **Yogurt & Pudding:** Vanilla or fruit-flavored yogurt cups/pouches, or non-chocolate pudding
- **Eggs:** Hard-boiled eggs (sliced or halved)
- **Meats:** Sliced deli meats, or hot dogs/sausages (always cut in half lengthwise)

Grains & Crunchy Snacks

- **Crackers & Goldfish:** Graham crackers, animal crackers, cheese crackers, or Goldfish
- **Cereals:** Plain Cheerios or other low-sugar cereals
- **Breads & Muffins:** Bagels, rice cakes, mini muffins (blueberry, pumpkin, banana — *no chocolate chip or confetti cake*)
- **Meals:** Simple sandwiches (jam, deli meat, cream cheese — *no fluff or chocolate*) or cooked pasta

Approved Drinks

- **Water**
- **100% Fruit Juice**

Have a favorite healthy snack idea or a question about a specific item? Feel free to reach out to your child's classroom teacher! For more information on the Child and Adult Care Food Program (CACFP) please visit:

<https://www.fns.usda.gov/cacfp/meals-and-snacks>