

SNACKS

Beechwood School encourages parents to bring healthy snacks for their child's special treat days or birthday celebrations. It is best to keep the snacks simple and able to be easily served in individual portions. Always remember to send in nut free treats only. Students with severe or multiple food allergies are requested to have their own special snacks kept in their classroom.

Instead of a sweet, some families may wish to send in non-edible treats, such as pencils, etc. for their child's birthday. Check foodallergy.org for more ideas.

Finally, it is always best to check with your child's teacher beforehand to find out about any particular food requirements for that class.

Most classes accept spontaneous special snacks, especially fruit & vegetables, for the entire class. If another snack is planned for that day, your donation may be saved for another day.

On the internet there are many creative, healthy snack ideas. Please do not feel limited to the suggestions offered below.

- Sliced vegetables plain or with dips, such as hummus or ranch dressing
- Sliced Fruit (grapes must be halved) plain or with whip cream, chocolate sauce, etc.
- **Wegmans Brand School Safe Treats** found boxed in bakery isle.
- Cookies – vanilla wafers, Original Oreos. If homemade – inform teacher of ingredients
- Single Serves – applesauce, pudding, etc.
- Half of a bagel
- Mini muffins or mini cupcakes
- Philly pretzels – not nuggets
- Pretzel sticks – can be dipped in chocolate, etc.
- Items below can be served on napkins or made festive by serving in small decorative paper cups or cupcake wrapper
 - Soft popcorn – for decoration top with sprinkles
 - Homemade party or trail mix
 - Cereal - multigrain cheerios are tasty
 - Raisins
 - Goldfish