

THE CHOKERS

Do Not give the following foods to children under age 2, because of the risk of choking.

Hard to chew:

Nougat candy

Nuts, peanuts

Popcorn

Celery

Chips

Raisins

Whole kernel corn

Slippery and smooth:

Hard candy

Grapes

Marshmallows

Coin-shaped:

Carrot circles

Hot dogs

Snacks for Kids Checklist

- Does it look good and taste good?
- Is there enough, but not too much, to eat?
- Does it provide vitamins and minerals as well as calories?
- Can it be chewed and swallowed easily?
- Can fingers be used to eat it?
- Is it different from yesterday's snack?
- Is it fun to eat?

Snack Storage

Your child's snack will be taken from their tote bag when they arrive at school, and placed in the classroom. If the snack needs to be kept cold, we suggest packing it in an insulated bag with an ice pack. To foster independence, please try to package snack in containers that the children can open, as much as possible. Please send in a cup and we will provide water.

A Parent's Guide to Nutritious Snacks for Preschoolers



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Nutrition Guidelines:

In 2005, the Food and Drug Administration redesigned the Food Pyramid to more accurately reflect our nutritional needs.



Each color represents a food group, and the stairs along the side indicate our need for physical activity as well.

Suggested daily requirements for children are:

Breads/grains – 3 to 5 ounces (at least half of that should come from whole grains)

Vegetables – 1 to 1 ½ cups

Fruits – 1 to 1 ½ cups

Fats – 3 to 4 teaspoons, however, most Americans get enough fats in the foods they eat, not to need to supplement. Remember that children between 1 and 2 years old should drink whole milk to insure they are getting enough fat in their diet.

Dairy – 2 cups

Meats/proteins – 2 to 4 ounces

Children can get one-fourth to one-third of their daily nutritional needs from snacks. They should eat 2 to 4 snacks per day, and because they are unable to eat a lot at one time, it is very important that they are offered healthy, nutritious snacks.

A healthy snack should include foods from at least two of the food categories.

Suggested Snacks:

Fruits: apple wedges or rings, banana chunks, melons, orange sections, raisins, berries

Vegetables: carrot sticks, celery stuffed with peanut butter, cucumber slices, broccoli florets, green and red pepper strips

Grains: bagels, crackers, sweet bread such as banana, raisin or pumpkin; pretzels, granola bar, rice cakes, dry cereal

Dairy: cheese cubes or slices, yogurt, low-fat pudding, cottage cheese, milk

Meats: hard-boiled egg, meat cubes or slices, peanut butter, tuna, tofu, bean dip

