

Snack Handbook

We believe that every parent and teacher at CCSC recognizes the critical importance of good nutrition in the lives of our children.

We believe that life-long food habits are acquired at a young age.

CCSC's mission is to raise happy, healthy, compassionate, and socially confident children.

For this reason, CCSC has adopted these guidelines as its “snack policy” for parents to better understand what it means when their “snack day” arrives.



Center-wide Snack Policies: Do's and Don'ts

SNACK DO's:

- **Fresh fruit**
- **Fresh vegetables**
- **Robst Free milk (milk must be included with AM snack)**
- **Bring in an appropriate amount of snack for the number of children in the classroom**
- **Limit processed foods**
- **High-fiber and nutrient-rich whole grains**
- **Bring snack items (such as cereal, milk, crackers, etc) in their original packaging**

SNACK DON'Ts:

- **No Fruit Juice**
- **No more than 5grams of sugar per $\frac{3}{4}$ cup or more in cereal (please reference the “approved cereal list” provided in this handbook)**
- **No canned fruits or vegetables (except legumes)**
- **No trans fats**
- **No more than 32grams of sugar per cup of yogurt**
- **No artificial sweeteners (e.g., nutra sweet, splenda, etc)**
- **No syrups**
- **No highly processed foods (e.g., bagel bites, tator tots, corn dogs, etc)**
- **No cookies, pastries, cakes, etc.**
- **No prepackaged yogurt tubes (e.g., “go-gurts or “yo-kids”)**
- **No popcorn**

Sugar Facts

Finding Sugar on Food Labels

Sugar can be found on the food label under total carbohydrate.

There are many different names for sugar. Examples of common names are table sugar, brown sugar, molasses, honey, beet sugar, cane sugar, confectioner's sugar, powdered sugar, raw sugar, turbinado, maple syrup, high-fructose corn syrup, and sugar cane syrup.

You may also see table sugar listed by its chemical name, sucrose. Fruit sugar is also known as fructose and the sugar in milk is called lactose. You can recognize other sugars on labels because their chemical names also end in "-ose." For example glucose (also called dextrose), fructose (also called levulose), lactose, and maltose.

4 grams of sugar = 1 teaspoon



Here are some examples:

1 Tablespoon of ketchup = 1 teaspoon of sugar



$\frac{3}{4}$ cup Honey Nut Cheerios = 2 teaspoons of sugar



1 4oz. yo baby yogurt = 3 teaspoons of sugar



8 ounces of apple juice =



1 Tablespoon of maple syrup = 3 teaspoons of sugar



1 Tablespoon Strawberry Jelly = 3 teaspoons of sugar



Snack Sign up

The classroom team of teachers will provide a snack calendar in the classroom on a monthly basis. There are two snack times per day, morning and afternoon.

How many snacks should I provide per month?

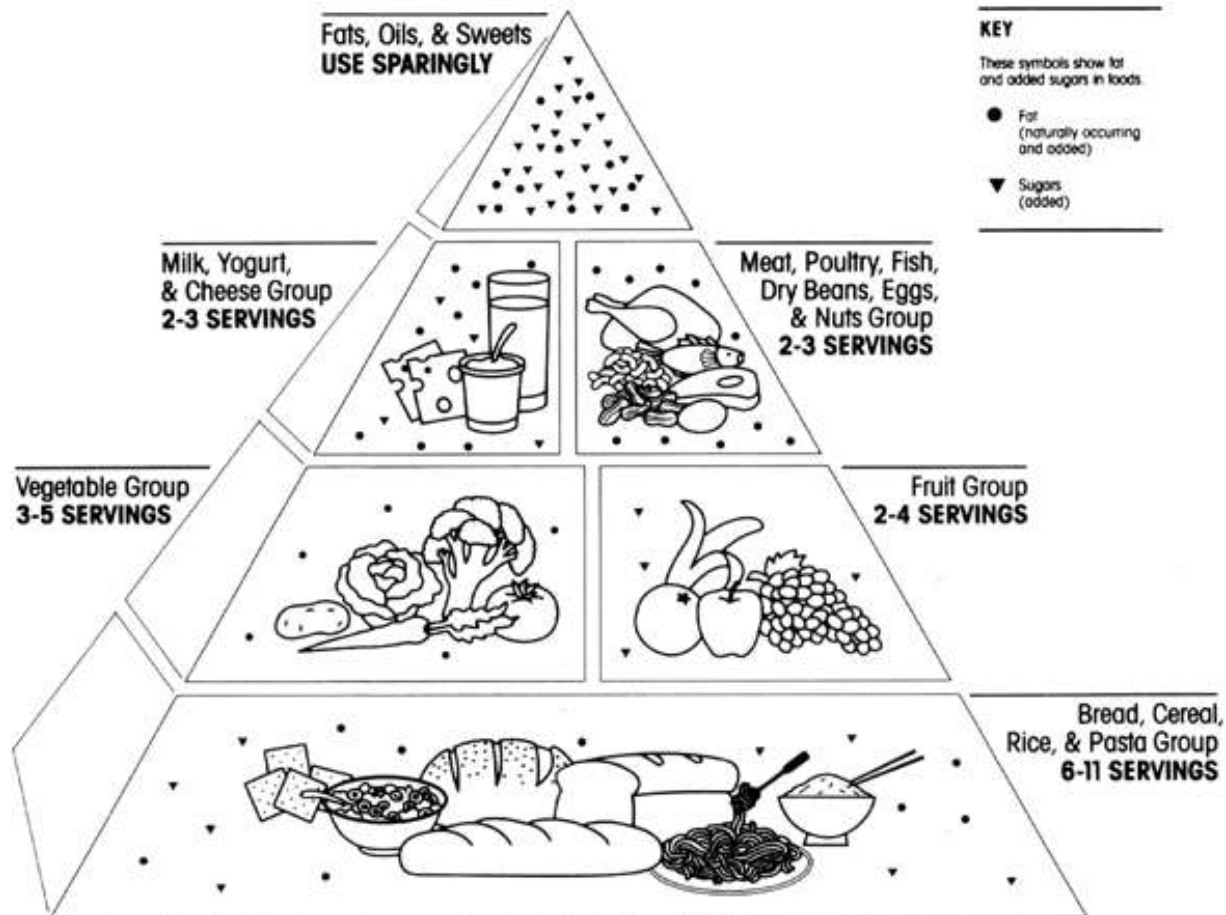
Please check with the classroom team of teachers for the number of snacks you should provide. The teacher will determine the amount by taking into consideration your schedule and how many children are scheduled in the classroom.

Missed Snack Fee

If you forget snack on your assigned day, you will be charged a “missed snack fee” of \$30.00. This money will replenish the classroom snack that was provided. Your missed snack fee cannot be exchanged for materials or tasks for the classroom.

How many of the food groups should I provide?

Three or four. Snack must include a fruit or a vegetable and then two additional options from the other food groups.



Source: U.S. DEPARTMENT OF AGRICULTURE and the U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES.

List of CCSC Approved Cereals

Please note that cereal choices are not limited to this list. We encourage variety, but please remember the guideline, no more than 5grams of sugar per ¾ cup cereal.

Kellogg's

Corn flakes (1.5g)
Rice Krispies (2g)
Special K (4g)
All bran (5g)
Original Cheerios (<1g)
Multigrain (4.5g)

Arrowhead Mills (Whole Foods)

Organic rice puffs (0g)
Organic corn puffs (0g)
Organic millet puffs (0g)
Puffed rice cereal (0g)
Puffed corn cereal (0g)
Puffed wheat cereal (0g)
Organic kamut flakes (1.5g)
Shredded wheat (1.5 g)
Organic spelt flakes (2.5g)
Organic amaranth flakes (3g)
Organic spelt and cranberries (4g)
Organic maple buckwheat flakes (4g)

Kashi (Whole Foods, Safeway, Trader Joe's)

Seven whole grain puffs (0g)
Seven whole grain flakes (4g)
Mighty bites (4g)
Seven whole grain honey puffs (4.5g)
Seven whole grain nuggets (4.5g)
Heart to heart (5g)

Health Valley (Whole Foods)

Rice crunch 'ems (<2g)
Corn crunch 'ems (1.5g)

Nature's Path (Whole Foods, Safeway, Trader Joe's)

Organic crispy rice (2g)
O's (3g)

Spelt flakes (3g)
Organic corn flakes (3g)
Heirloom whole grains (4g)
Organic honeyed corn flakes (4g)
Mesa sunrise flakes (4g)
Organic multigrain (4g)
Organic oatbran cereal (4g)
Heritage bites (5g)

Barbara's (Whole Foods, TJ, Safeway)

Shredded wheat (0g)
Puffins (5g)

Store-specific brands

Safeway

SW shredded wheat (0g)
SW shredded wheat with bran (<1g)
SW toasted oats (<1g)
SW cornflakes (1.5g)
SW rice pockets (1.5g)
SW crispy rice (2g)
SW corn pockets (2g)
SW wheat pockets (4g)
SW grape nut flakes (4g)
SW enriched bran flakes (5g)

365 (Whole Foods)

Whole kids morning O's (<1g)
Crispy rice (2g)
Corn flakes (2g)
Oat bran flakes (5g)

Trader Joe's

Shredded wheat bite size (0g)
Joe's O's (<1g)
Cornflakes (1.5g)
High fiber cereal (5g)

Yogurt Information

**The sugar content can be very high in various brands of yogurt.
Please note: CCSC will not accept yogurt that exceeds 32 grams of sugar per 1 cup
or yogurt prepackaged in tubes.**

(This list was compiled 3/1/07)

Yogurt sugar content per 1 cup

Trader Joe's organic low fat Banana yogurt (26g)

Trader Joe's organic low fat Vanilla yogurt (26g)

Nancy's Vanilla yogurt (27g)

Trader Joe's French Village Maple yogurt (28g)

Brown Cow Maple yogurt (28g)

Mountain High Vanilla yogurt (28g)

Mountain High Strawberry yogurt (26g)

Strauss Maple yogurt (29g)

Wallaby Organic Vanilla yogurt (29g)

Brown Cow Vanilla yogurt (24g)

Stonyfield Farm Organic Strawberry yogurt (32g)

Stonyfield Farm Organic French Vanilla yogurt (33g)

Trader Joe's French Village Vanilla yogurt (33g)

Horizon Organic Vanilla yogurt (33g)

Celebrations Treats (e.g., Birthdays, Last Day)

Some CCSC families request the opportunity to bring in a “treat” for their child to share with the classroom of children on their last day or birthday. This practice is fine however we would like for you to follow these guidelines:

- Always check with the team of teachers to arrange a celebration.
- Only miniature muffins or miniature cupcakes (please do not provide a regular size muffin or cupcake).
- Only 100% fruit juice popsicles

Please note that these celebrations do not need to be organized around food treats. A classroom celebration can take place with a crown at group time. If you feel that you would like to provide a classroom treat for the children you can also discuss this with the team of teachers to determine a non-food item to celebrate, such as stickers. In addition, please speak with the team to determine if any of the celebrations can be combined so that children are not overloaded with celebration treats.

How much should I provide?

Morning snack is provided as a little “nibble” to tide a child over until lunch and afternoon snack is provided as a little “nibble” to tide a child over until dinner. CCSC snack is not meant to be a meal. Keeping that in mind, we understand how difficult it can be to gauge how much to bring in for group snack. Here are some guidelines and examples for the four different programs at CCSC.

- There must be enough snack for at least every child to have one serving
CIP 10 children
TKP 12 children
LKP 15 children
BKP 22 children

Sample Snack

Milk (Rbst free), Wheat Bagels w/ cream cheese, Melon, Yogurt

CIP Snack – ½ gallon of whole milk, 5 whole-wheat bagels, ½ melon, 1 quart yogurt
Please be sure to cut bagels and melon to the appropriate size for infant/toddlers.

TKP Snack – ½ gallon of milk, ½ dozen bagels, 1 melon, 1 quart yogurt
Please be sure to cut bagels and melon to the appropriate size for toddlers.

LKP Snack – ½ gallon of milk, 7 bagels, 1 ½ melon, 1 quart yogurt
Please be sure to cut bagels and melon to the appropriate size.

BKP Snack - ½ gallon of milk, one dozen large bagels, 2 melons, 2 quarts yogurt.

Snack Preparation

All packaged items must come to CCSC in their original packaging (e.g., milk, cereal, crackers). Other snack items such as fruits and vegetables must be brought to CCSC ready to serve. The classroom teachers can heat foods in the microwave, but they are unable to “cook” snack items.

Allergies

Some children have known allergies or a family preference to limit or exclude certain foods. Please discuss all allergies with your classroom team of teachers so that all restrictions can be added to the “allergy board” in the classroom. Parents and teachers will refer to this board when snack is being served. Please notify the team if your child has an allergy to a food that may be an ingredient in other foods. (e.g., milk, wheat). A plan will be established between you and the team to ensure that your child receives a balanced snack daily. In the case of a peanut allergy, CCSC will assess the severity of the allergy with the parent to determine if peanuts will be restricted in snacks and/or lunches.

Foods that are Choking Hazards:

- Grapes, hot dogs, carrots and meat must be cut into small pieces
- Popcorn will not be served in any program at CCSC
- Nuts are not to be served in CIP, TKP or LKP (They will only be served in BKP if no child is allergic to them).

Plastic containers in the microwave

If you are concerned about the effects of heating plastic in the microwave, we invite you to bring snack in glass casserole dishes. In addition, we would like to remind you that the teachers heat children’s lunches in the microwave (except the BKP program) so again, we invite you to bring your child’s lunch in small glass containers for heating. These containers can be found at IKEA.

Do I have to provide organic snacks?

CCSC snack policy does not require parents to purchase organic foods because they are more expensive. However, there is research showing some fruits and vegetables retain a higher amount of pesticides than others. If you choose not to buy organic, we ask that you avoid buying these items:

Highest in Pesticides:

Apples	Peaches
Bell Peppers	Pears
Celery	Potatoes
Cherries	Red Raspberries
Imported Grapes	Spinach
Nectarines	Strawberries

If you choose not to purchase organic, please review the following list for fruits and vegetables that were found to be the lowest in pesticides.

Lowest in Pesticides:

Asparagus	Kiwi
Avocados	Mangos
Bananas	Onions
Broccoli	Papaya
Cauliflower	Pineapples
Corn (sweet)	Peas (sweet)

This guide was developed by analysts at the not-for-profit Environmental Working Group (EWG) based on the results of more than 100,000 tests for pesticides on produce collected by the U.S. Department of Agriculture and the U.S. Food and Drug Administration between 1992 – 2001. More information is available at www.foodnews.org or at www.ewg.org