






Wee Care Snack Information

To encourage nutritious snacking, Wee Care provides a suggestion sheet. This is not an all-inclusive list. Please note:

- Snacks may be brought in any time during Wee Care Hours (Mon-Thurs from 8:30-12:15). Perishable items can be put in the refrigerator in the Caterpillar room.
- Please label all items with your child's name.
- Health Department regulations state that all snacks **must be store bought, NO homemade snacks.**
- A reminder will be sent home with your child's snack day and the number of children in your child's class. If your snack needs spoons, please send those along.
- We are required, by licensing, to serve a snack that includes items from at least two food groups. The listed drinks can be counted as one food group.

Choose a snack from 2 of the groups below (a beverage can count for one group):				
 Fruits	 Veggies	 Grains	 Milk	 Meat & Protein
<p>Apples Bananas Pineapple Chunks Raisins Oranges Pears Applesauce Melon Chunks Berries</p> <p>*NO fruit snacks or grapes, please.</p>	<p>Celery Carrots Broccoli Cauliflower Cucumber</p>	<p>Crackers (any) Cornbread Mini Bagels Muffins Bread Sticks Banana Bread Pretzels Popcorn Rice Cakes Granola Bars Cereals (enriched & low-sugar) Pitas Banana Bread Tortillas</p>	<p>1% or Skim White Milk</p> <p>*Per licensing, flavored milk (chocolate, strawberry) is no longer allowed).</p>	<p>Peanut Butter Other Nut/Seed Butter Lean Meat Yogurt Cheese Cubes Cheese Curds Cheese Slices Cheese Sticks Cream Cheese Cottage Cheese</p>
<p>Beverages: 100% fruit juice (no juice boxes or pouches, please)</p>				

EXAMPLES OF SNACK IDEAS WITH TWO FOOD GROUPS:

- White Milk with apple sauce • 100% fruit juice with crackers • 100% fruit juice with cheese cubes •
 White Milk with carrots • White Milk with bananas • 100% fruit juice with cream cheese spread on a pita
 • White Milk with peanut butter on crackers • White Milk with muffins...the options are endless!