



Parent/Guardian Provided Classroom Snacks

When parents/guardians provide snacks for children other than their own child, the following must be met:

1. Snacks need to be non-potentially hazardous or shelf stable and received sealed
2. Snacks need to be pre-packaged and prepared from commercial sources (grocery store)
3. If the food requires refrigeration after opening, remaining portions need to be discarded or sent home with the parent that supplied it.
4. Uncut produce may be provided if the facility has a food preparation sink and ability to wash, rinse and sanitize the utensils used to cut produce
5. Snacks are healthy and meet these recommendations:
 - low-sugar (<6g sugar per serving)
 - whole grain
 - fruits are fresh or canned in 100% juice
 - vegetables are fresh or if canned, rinsed under water to remove some salt
 - pair fruit, vegetable or whole grain with protein

Examples of foods that meet these criteria:

Vegetables:

- Fresh vegetables –peppers, tomatoes, lettuce, corn, green beans, beets, carrots (choking hazard for children <3 years old), and pre-packaged, ready to eat vegetables (example: bag of baby carrots or broccoli)
- Canned vegetables (low sodium items have less than 140mg of sodium per serving) - peas, carrots, green beans, tomatoes, corn
- Dried vegetables: edamame, green beans, garbanzo beans
- 100% vegetable juice
- Vegetable soup (low sodium)- minestrone, tomato, bean with vegetable

Fruits:

- Fresh fruits - apples, oranges, bananas, clementines, and pre-packaged, ready to eat fruits (example: pre-cut pineapple)
- Canned in 100% fruit juice - pineapple, peaches, pears, mandarin oranges, grapefruit
- Unsweetened applesauce
- Dried fruits (no added sugar) - cranberries, cherries, raisins, pineapple, mixed fruit

Protein- Meat, Beans, Nuts, Seeds:

- Canned beans: great northern, vegetarian, low-fat refried beans, kidney, black, black eyed peas
- Canned meats (packed in water) - tuna, salmon, chicken
- Dried edamame, green beans, garbanzo beans



- Jerky - beef, salmon, turkey
- Nut butters (ok only in facilities that allow nuts): peanut, almond, cashew, etc.
- Nuts (ok only in facilities that allow nuts, choking hazard for children <3 years old)- peanuts, walnuts, almonds, cashews, pumpkin seeds, sesame seeds, nut butter
- Seed butters (ok in nut free facility): sunflower seed butter, hemp seed, sesame seed (tahini), pumpkin seed
- Canned soups: (choose low-sodium) – Turkey or chicken stew, chili, turkey or chicken and vegetable or barley soup, chicken noodle soup

Whole Grains- made with whole wheat, brown rice, oats, cornmeal, barley, etc:

- Bread, English muffins or mini bagels – choose whole grain (higher protein varieties available)
- Dry cereal (low-sugar <6g sugar per serving, higher protein varieties available) - Cheerios, Chex, Granola, puffed rice, bran flakes, corn flakes
- Granola bars (low-sugar)
- Polenta (packaged in tube)
- Popcorn (choking hazard for children <3 years old)
- Tortillas – corn, brown rice, or whole wheat (high protein varieties available)
- Whole grain crackers – Triscuits, wheat thins, whole wheat/multi grain/7 grain varieties

Milk:

- Shelf stable white cow's milk (low-fat or non-fat for children over 2 years old)
- Unsweetened, non-dairy shelf stable milk (almond, hemp, coconut, rice, soy, etc.)