



Weekday Preschool  
703-256-1100  
wps@annandale-umc.org



Early Learning Program  
703-256-8667  
elp@annandale-umc.org

## Snack Policy

1. The Early Learning Program and Weekday Preschool provides a healthy and varied snack according to the snack menu provided each month. Each daily snack includes one serving from two food groups as determined by the FDA. Juice, as long as it is 100% juice, counts as one fruit serving.
2. Due to the high incidence of severe peanut allergies in our programs, we are a peanut free school. We do not serve snack foods containing peanuts or peanut products or ones that are produced in factories which also handle peanut products.
3. Sometimes exceptions are made and a class does not follow the posted snack menu. Examples include:
  - A classroom cooking project that is eaten in place of the regular snack
  - An adjustment to coordinate with the curriculum (ie. Ritz crackers when talking about circles)
  - A birthday or other treat brought from a child's home
4. When a parent brings in a treat to the classroom, the following guidelines need to be followed:
  - Inform teacher in advance so that snack can be adjusted for that day, and you can receive a list of guidelines (see letter below) as to which foods are acceptable, which are not, and suggestions for other non-food treats.
  - No homemade items (cookies, cupcakes, brownies, etc.) may be brought in without a specific list of ingredients.
  - All purchased food items must be in the original, factory-sealed packaging with a list of all ingredients and processing information. (Please note that most grocery store bakeries do not have peanut-free kitchens unless they have specified so on their ingredient label, and can therefore not be accepted.)
  - Whole fruits or vegetables are highly encouraged.
  - Any item with peanuts, peanut products, or processed on machines or in factories which also handle peanuts cannot be accepted.
5. We have a number of children with differing allergies. It is our policy to work with the parents to develop a snack plan for their child. This may be one or all of the following:
  - The parent sends in a daily snack alternative for the child
  - The parent sends in snack supplies kept in the classroom to be given to the child when he/she cannot have the WPS provided snack
  - The program provides an alternative snack for that child (as long as the alternative is readily available and not of significant cost differential).



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Dear Parent,

Thank you for offering to bring in a special treat or snack for the classroom. Here are our guidelines for food brought from home to share in the classroom:

- All food must be **peanut-free**, this includes peanut oil and any item that is **made in a factory or on machines which also process peanut products**.
- **Store bought items** must be in a factory-sealed container with the ingredient list attached.
- **Homemade items** must have the ingredient list submitted. If a boxed mix was used, then the box with ingredient list must be brought in. Anything that you use to decorate or add to the mix (frosting, sprinkles, etc.) must also have the packaging/ingredient list included.
- Fresh fruits and/or vegetables, juice boxes are always acceptable unless there is a specific allergy in the classroom. Please check with your classroom teacher for a list of classroom allergies.

The ingredient list will be checked before the food can be accepted into the classroom. The classroom teacher may ask that the office review the list. **Unfortunately, if these guidelines are not followed, we are not able to accept the food.**

Below is a list of approved peanut-free items that should help you as you choose a treat that's appropriate. Thank you so much for your help with this as we try to allow all children to fully participate in activities while maintaining a safe learning environment.

*Cherrie S. Welch*  
Director, AUMC WPS & ELP

# Peanut-free Snack Ideas:

*Due to the high incidence of severe peanut allergies amongst our children, AUMC Weekday Children's Programs are peanut-free schools. Items cannot be accepted into the classroom if there is not evidence that they were prepared in a peanut-free facility. To assist you in shopping and preparing, below is a list of pre-approved food items we may accept. Thank you for your understanding and cooperation. Our children's health and safety is out #1 priority!*

## Any Fresh Veggies

### Raisins

#### Fruit-type Items:

Mott's Individual applesauce cups	Jello brand Jello cups	Kraft Snack Pack
Kraft Graham Cracker Dippers	Applesauce	Fruit Roll Ups
Fruit by the Foot	Fruit Gushers	Motts Fruit Sensations cups
Swiss Miss Crème Savers pudding	gelatin snacks	Delmonte Fruit to Go cups

#### Cookies:

Nabisco Oreos and Uh-Oh Golden	Nabisco Chips Ahoy
Pillsbury Vanilla frosting	Meijer Oatmeal Raisin
Stauffers Animal Crackers	Dutch Twins brand Crème sugar wafers
Nabisco Fig Newtons- original and fruit flavors	
Pillsbury and Gordon Food Service brand frozen cut-out sugar cookies	

#### Cheese:

String cheese	American cheese
Kraft Cheese and pretzels packets	Kraft cheese and cracker packets
Kraft Cheese and breadsticks packets	

#### Candy:

Marshmallows	Nerds	Smarties
Twizzlers licorice	Starburst	Dum-Dum suckers
Skittles	gummy bears	Sweet Tarts (chewy or regular)
Milk Duds	Spree	candy corn
Jolly Ranchers	Whoppers	Kraft caramels
Life Savers	Tootsie rolls	Swedish fish
Tootsie Pops		

#### Doughnuts:

Entenmann's Donuts- glazed buttermilk, glazed pop-ems, rich chocolate  
Meijer brand donut holes- plain, chocolate, powdered sugar, cinnamon  
Hostess mini or regular muffins  
Entenmann's little bites muffins- blueberry, chocolate chip with raisins, real strawberry, raspberry  
Lenders brand bagels- plain, cinnamon, raisin, salt  
Dolly Madison Fingers

#### Yogurt:

Dannon yogurt cups	Gogurt
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#### Ice cream and popsicles:

Popsicle brand tropical pops, melon pops, crème pops, twin pops, rainbow pops, scribblers, fire crackers	
Edy's brand Whole Fruit bars	Minute Maid Juice bars
Nestle Icecreamers or Itakadooie juice bars	Double Lemon Extra Tangy Lemon
Ice Chill Fruit ice	
Meijer Orange gliders orange sherbet	Meijer ice cream sandwiches

**Other Snack Items:**

Pepperidge Farm Goldfish (mini size only)	Cheez-Its	Graham crackers
Cheetos- puffed or crunchy	Fritos	Sargento Snack Sticks
Doritos	Pringles	Tostitos
Kellogg's NutriGrain bars	Kellogg's Pop Tarts	Lay's Potato Chips
Kellogg's Pop Tart Snack Sticks	Kellogg's Rice Krispie Treats	
Teddy Grahams and Teddy Cheddar	Entenmann's Snack barz (rainbow chips)	
Entenmann's Multi grain chewy cereal bars- chocolate chip with raisins, real strawberry, raspberry		

**PLEASE NOTE:** All grocery store bakeries in our area (Giant, Safeway, Harris Teeter, Whole Foods, Trader Joe's, Food Lion, Wegmans, Shoppers Food Warehouse) confirm that they are peanut contaminated. However, Giant does have one local peanut-free bakery from which they deliver baked goods to their stores in our area. These items specifically state on the labels "PRODUCED IN A NUT-FREE FACILITY" (see example below). Items with this label may be accepted:

## Gluten-free Snack Ideas

*Numerous classes have children with gluten allergies. Your teacher will let you know if this is the case in your child's classroom. In these classes, we appreciate when parents bring a treat that these children can also enjoy. Below is a list of gluten-free snack ideas.*

**Fresh fruit-** most fruit cups are gluten free

**Fresh veggies**

**Cheese-** sticks, shapes, string (but not shredded)

**Raisins-** Sun-Maid

**Applesauce-** most brands without added flavorings are gluten free

**Chewy Fruit snacks-** most brands are gluten free

**Juice-** most brands are gluten free

**Yogurt-** most brands without added toppings, like Stonyfield Farms, Yoplait Go-gurt, Trix, Dora

**Rice cakes and Corn Thins**

**Cereal-** some Chex cereals are now gluten free, Erewhon Brown Rice Crisps, Koala Crisp, Panda Puffs, and **Kellogg's Gluten Free Rice Krispies**

**Popcorn-** Smart Pop Orville Redenbacher, Jiffy Pop, Act II (except extreme butter)

**Kettle corn-** LesserEvil Classic, Orville Redenbacher

**Gelatin cups-** Jell-o, Wegman's brand

**Pudding cups-** Jell-o, Swiss Miss, Hunt's, Wegman's

**Tortilla chips-** most brands without added flavorings are gluten free -- Tostitos, Mission, Wegmans

**Corn chips-** Fritos, Wegman's

**Other snacks-** Cheetos, Original Tings, Pirate Booty, Cheddar Airs

**Potato chips-** most brands without added flavorings are gluten free (ex. Lay's Original, Lay's Staxx, Wegman's, Utz, Ruffles, French's Potato Sticks)

## Non-food Item Suggestions

Goody bags with \*age-appropriate toys

Balls

Pencils

Erasers

Deck of cards

Small stuffed animals

Animal figures

Stickers

*\*Please check the age safety requirement listed on the manufacturer's label for possible small/unsafe parts for children under 3 years of age.*