

## **BCC Preschool – Guidelines on Snacks**

Bowen Children’s Centre is NUT FREE. For nut free snack options, please speak with the staff.

Provide a variety of food items. Variety generally ensures that even the pickiest of eaters will find something they approve of.

Keep it simple. Children are happy to see something that they know rather than something funny or beautifully presented.

Aim to include 3 food groups. A protein to provide energy and stave off hunger, a fruit or vegetable to increase fiber and vitamin content and a carbohydrate to leave the children satisfied.

### **Protein**

This food group is very important, although the most difficult and often the most neglected. Children who have allergies or dietary restrictions often have limits in this area (eg. milk and eggs).

BCC is nut-free, so please don’t send nuts or nut butters to BCC. This nut ban includes peanuts (even though they are legumes) because they are so highly allergenic.

Cheese and other milk products are excellent and popular. Yogurt dip for vegetables or fruit, cream cheese spread, cottage cheese and mild cheese slices are all an excellent source for protein and necessary fats.

Hummus, seed butters (such as pumpkin seed and sesame seed) and high protein beans/peas (soy beans) are simple and popular with the children.

### **Fruits & Vegetables**

Cut up hard vegetables into bite sized pieces (eg. broccoli, carrots and cauliflower).

Uncooked green beans, green peas, turnip sticks, celery, zucchini and cucumber make a nice change of pace.

Slice fruit or serve it whole depending on the size.

Leave it in the fridge so that it is nice and cool by snack time. Apples, grapefruit, oranges, apricots, grapes, peaches, melons, pears, berries, nectarines, mango and pineapple work well for this. Banana should not go into the fridge.

Dried fruits of all kinds are popular as well. Purchase those that are not coated with sugar.

## **Carbohydrates**

Use whole grain product whenever possible.

Try a variety of yeast breads and quick breads, such a whole wheat, rye, oatmeal and mixed grains.

Choose products that include dried fruit or seeds (but not nuts). Serve dry cereal with low sugar content.

The most popular snack of all time is a combination of crackers, cheese and apple pieces.

Simple is often best.