

## Snack List.

Each family is asked to contribute to the Snack Cupboard.

Our snack time together in the classroom is a special experience and a time for us to come together as a community and share food-a very powerful experience for many of us. Therefore our snacks should support the meaningful time we spend together. This is a list of snacks that we would encourage you to purchase to bring into school. There may also be some other types of snacks you and your children enjoy and we welcome those too if they meet our guidelines in the shaded grey box below.

If providing snack is ever a financial burden to you please discuss this with the director.

At the beginning of each month please bring in: **4 unopened bags or boxes of snack.** *If you shop at Costco TWO bags or boxes is good.* There will be a chart located by the kitchen, please check off by your child's name each month when you drop off your snacks. If you prefer, you may pay a \$20 snack fee per month instead of bringing in a snack.

CSWS will provide the fresh fruits and vegetables that we serve with every snack.

We will also provide filtered water on the table at snack time.

Please choose items with :

**NO artificial preservatives - NO artificial coloring - NO artificial additives**  
**NO added sugar - NO artificial sweetener - NO genetically modified food (GMO)**

**Gluten & Dairy Free** items are especially welcome!  
 Please remember we are a **NUT FREE zone**. Seeds and Soy Nuts are OK.  
 The following items are some of our favorite snack foods.

Fruit leather	Hummus, salsa or jam	Baked Whole grain crackers	Rice cakes- slightly salted	Pretzels
ANY snack at Trader Joes	ANY snack item from PCC	Veggie Booty	Pirates Booty	Baked Cheesy crackers
Tortilla Chips	Sour Cream	Seaweed snacks	Tings	Cereal (Cascade Farms, Rice Crispies, etc)
Rice Crackers	Fruit Filled Bars	Saltines	Oyster Crackers	Veggie Sticks
Veggie Chips	Pita Bread	Bread Sticks	Croutons	Popcorn

We also enjoy cooking with the children and at times will post recipe ingredients for specific projects but if you would like to add to our cooking cupboard throughout the year we can always use:

Organic whole grain flour	WHEAT FREE/GLUTEN FREE flour
Organic Sugar	Egg Substitute
Any herbs and spices	Oil (olive/safflower/sesame etc...)
Salt	Natural flavors
Organic pancake/muffin mix	Baking Soda/Baking Powder