

Liberty ECC Snack Guidelines

Liberty ECC students in our half day programs will have a 'snack time' in their daily schedule. Parents should send a healthy snack daily for their child. Nutritious snacks can help children maintain energy and lengthen their attention span throughout the day as well as provide fuel for growth and development. Milk/Water will be provided for children to eat with their snack. Please do not send an additional drink. Please only send 1 snack item per day for your child to eat. Snacks must be prepped and ready for your child to eat. If you have a snack item that needs to remain cold, please be sure to pack it with a cold pack so it can stay cold until snack time.

Please do NOT send items such as candy, cakes, cookies, chips, etc.

Families must ensure they are sending snacks that are safe for any food allergies/sensitivities their child may have. Children will not be sharing snack items.

Below are some suggestions for healthy snack options to send for your child:

Fresh fruit/fruit cups/dried fruit-please have peeled/cut for your child to eat

Veggies/dip-please have peeled/cut for your child to eat

Cheese sticks

Hard boiled eggs-please have peeled are ready for your child to eat

Yogurt cups or tubes

Rice cakes

Popcorn

Pudding

½ sandwich

Cheese and crackers

Snack crackers

Graham crackers

Pretzels

Granola bars

Dry Cereal

