

**Dear Families,**

Parents provide snack at Desert Sun and your teacher provides the menu. This year our theme is **HEALTHY MINDS AND BODIES**. The teachers will provide you with the snack menu. Please use this time as a learning experience. Have your child help you write your grocery list and shop at the grocery store. We also use snack time as a learning experience at school. We serve snack family style so that the children can serve themselves and their friends. We also encourage constructive conversation and teach them about healthy snacks and habits.

Due to state regulations, only **commercially** prepared foods may be served to children at school. This means that all items you bring for snack time must be store-bought and arrive at school in unopened packages to be prepared by our staff. We are going to work really hard to write a menu with healthy snacks and parents can use this as a tool for encouraging healthy eating at home. **Special day snacks** must be your child's favorite healthy food or snack. You must provide at least two out of the four food groups and it must be on the snack menu at least a week in advance. Please **do not** bring cookies, cupcakes or candy. We will not be able to serve it to the class. We will provide you with suggestions for healthy alternatives. Teachers will be able to serve cookies and a sweet treat four times a year.

Children younger than **four** cannot be served: hot dogs, whole grapes, nuts, popcorn, raw peas and hard pretzels, raw carrots, celery or meat larger than can be swallowed whole.

Desert Sun's toddler and preschool program is a  
**NUT FREE ENVIRONMENT.**

If your child has an allergy to certain foods please be sure to inform the office and your child's teacher. Menus will be posted in each classroom.

Thank you for your cooperation.

Desert Sun Staff