

Vegetable Class Snack Information

Part of our daily schedule will include snack time. For our AM class, this will be one of the first activities of our day (more of a breakfast snack). For our PM class, it will be one of the last activities of our day. Snack time is a great way of encouraging adaptive skills and language skills. There is a lot of motivation when being able to attain something yummy and this proves as a really good time for direct instruction on component parts of a skill (for example: pouring water from a small pitcher or asking for more of a requested item). We are able to teach table manners and other mealtime appropriate behaviors during snack time.

I will be sending home a paper copy of our snack calendar, which typically includes either 1 month or 2 months of scheduled information. The calendar will also be posted on our classroom website as a downloadable file. In addition, I usually keep extra copies of the current calendar in a file folder posted outside of our classroom door.

This calendar typically includes the following information:

- Who is assigned to bring snack each day (this would be a small snack for the entire class)
- Allergy information
- How many students are in each class
- Upcoming special days (for example: Sensory Day, Field Day, etc.)
- Letterbox days
- Color of the month days

I will also be sending home a snack bag in your child's backpack the day before his/her assigned snack day. Please send your child's snack in with the snack bag the following day so we can send the bag home with the next child.

As mentioned above, the AM class will be having more of a breakfast snack. Please keep this in mind when choosing items to send in; however, please feel free to send in something special for birthday snacks as we may have them later in the day due to the typical sugary content of those treats. ☺

Listed below are some ideas for snack items. Please keep in mind that items do not need to be in the original packaging, but we really appreciate the ingredients list being sent with the item to assure safe consumption for students with allergies.

- Fresh fruit (grapes, bananas, apples, strawberries, watermelon)
- Granola bars
- Goldfish crackers
- Pretzels
- Applesauce
- Yogurt
- Dry cereal
- Fruit snack chews
- Graham crackers
- Veggie chips
- Animal crackers
- Cheese sticks

**It is not necessary to send a drink in with your snack, but feel free to do so. We always provide water as an option to ensure hydration for our little ones!

**It is also not necessary to send in utensils (such as spoons for applesauce) as we will have plenty in stock here!