

SNACK POLICY 2017-2018

Ohio Department of Jobs and Family Services and Worthington Presbyterian Preschool snack policy requires that children receive a healthy nutritional snack while at preschool. For the health and safety of our children, peanuts, tree nuts or any other nut products are prohibited at our center. When it is your child's snack day, please select from the list below. We require that all snacks come in a manufactured sealed package.

**If your child is absent on his/her snack day, a non-perishable snack should be sent in on your child's next attending day of preschool.

Fruit and Vegetables (no dips or toppings) - They will be rinsed and peeled at school.

small apples, oranges, strawberries, bananas (1 banana will serve 2 children) & clementine's (4 & 5 year olds only).

Sun-Maid Raisins (plain only)

Ocean Spray Craisins (plain only)

Applesauce Cups

Pepperidge Farm Goldfish Crackers (Cheddar, Original, Pretzel)

Rold Gold Pretzels (Fat Free Tiny Twists, Sticks, Thins, Tiny Twists)

Nabisco Triscuits (Original, Reduced Fat) & Minis (Original)

Nabisco Wheat Thins (Multi-Grain, Original, Reduced Fat)

Nabisco Premium Soup & Oyster Crackers

Cheese Nips (cheddar, reduced fat cheddar, Sponge Bob Square pants)

Kraft Handi Snacks) premium breadsticks 'n cheese dip, mister salty pretzels 'n cheese dip)

Pirate's Booty Veggie Snacks

Nabisco Honey Maid Teddy Grahams (Honey, Cinnamon, Ch. Chip, Chocolate, mini)

Nabisco Honey Maid Grahams (Honey, Low Fat Honey, Chocolate, Cinnamon)

Barnum's Animals Crackers – Original

Quaker Quakes Rice Cakes – caramel corn, cheddar cheese, kettle corn

Newtons – Original fig, whole grain, strawberry, raspberry

Minute Maid Juice Bars – 12 pack variety

Parents of children with documented food allergies may provide a daily snack for their child each class session to ensure their safety.

We realize that Skinny Pop is an approved nut free snack, however it is recommended, because of possible choking hazards, that children under 5 not consume popcorn.

IMPORTANT CHOKING INFORMATION

Approximately 66 to 77 children younger than 10 years of age die from choking on food each year in the United States. 10,000 Emergency department visits annually can be attributed to choking on food among children of ages 14 years and younger. 19% were caused by candy or gum.

Children of all ages can easily choke, especially those younger than age 5 because they have fewer and smaller teeth, weaker chewing ability and narrower airways than older children and adults. Most dangerous of all, they often put things in their mouths, unlike older children.

Before young children have molars - teeth that grind food - they are able to bite off a piece of food with their incisors - teeth in the front of the mouth - but cannot grind it enough to swallow it safely. Children 3 to 4 years old have molars but are still learning to chew effectively. Children at this age also may be easily distracted when they are eating.

Foods such as round candy, grapes, marshmallows and meat sticks/sausages have a round, high-risk shape that can cause a plug in the throat. Peanut butter can also stick in the airway and form a tight seal that is difficult to dislodge.

Choking is the fourth leading cause of accidental death in children under the age of 5.

Children under age 5 are at greatest risk for choking injury and death.

Toys, household items and foods can all be a choking hazard.

The most common cause of nonfatal choking in young children is food. At least one child dies from choking on food every five days in the U.S. and more than 10,000 children are taken to hospital emergency rooms each year for food choking injuries.

Hot dogs account for 17% of food-related choking deaths among children younger than 10 years of age.

Prevent choking by shredding or cutting meat into small pieces, no larger than one-half inch ($\frac{1}{2}$ ") cubes.

Cut cheese into thin slices or small one-half inch ($\frac{1}{2}$ ") pieces.

Round foods like hot dogs and grapes should be cut in half lengthwise so the shape is no longer round.

Cut cherry tomatoes, grapes and strawberries in half.

Peanut butter - spread peanut butter thinly on toast, crackers, fruit or vegetables. Do not serve in large globs.

Hard candy over $\frac{1}{2}$ " in diameter and gum should not be provided to preschoolers in child care.