



Village Montessori



Donated Snack Guide

At Village Montessori we believe in coming together in community over meals. To create a sense of shared experience, we ask that each family provide a healthy (preferably organic) snack for their child's class on a rotating basis throughout the year. **Your child's teacher will provide a snack assignment calendar for your class with assigned weeks.** For example, if there are 16 children in your child's class, then your assignment will occur once every 16 weeks. Snacks may be brought to the main office on your week.

Following are donated snack guidelines. On the back of this page you will find our suggested snack list for any classroom we deem 'allergy-friendly' (unless one of the items is the actual offending allergen).

If your child has specific allergies, please speak with our office staff and your teacher so we may help make alternative arrangements for your child. Please also be mindful of restrictions or recommendations as it pertains to certain foods, i.e. popcorn is not appropriate for children under age 4 and grapes/cherry tomatoes must be cut in half for ages 2 and under.

- Great snack options are: grapes, sliced apples, raisins, pretzels, trail mix, granola (loose or bars), dried fruit, bananas, strawberries, baby carrots, cheese sticks, crackers, hummus or all-natural ranch (we can pour out servings in a small cup), etc. Costco, Walmart, Harris Teeter, Target and Earth Fare all have great organic snack options.
- Fruits and vegetables from the 'Dirty Dozen' list must be organic (listed in order of most highly contaminated according to the EWG): strawberries, spinach, kale, nectarines, apples, grapes,
- peaches, cherries, pears, tomatoes, celery and potatoes.
- Individually wrapped snacks are fine but are not necessary since children will practice serving themselves and their classmates. We will not serve food items containing excessive sugar (>8g of added sugar per serving), artificial ingredients, or colors and additives. We prefer not to serve juice during the day unless it is necessary to maintain a child's blood sugar.
- If the snack you are providing requires it to be served in a cup or on a plate, please send in small paper or plastic cups, plates, or large coffee filters with the snack items.
- We do not allow baked goods from home.
- Please send a water bottle with your child daily.



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Following are suggested snack items for any classroom we deem 'allergy-friendly' (unless one of the items is the actual offending allergen):

Fruits

Any fruit!
Bananas
Grapes
Blueberries
Strawberries
Melons
Pears
Apples
Clementines
Oranges

Vegetables

Any vegetables!
Carrots
Broccoli
Cauliflower
Edamame
Snap peas
Celery
Guacamole
Cucumbers
Cherry Tomatoes

Pretzels

Snyder's of Hanover – Gluten Free Pretzels (Mini Pretzels and Pretzel Sticks)
Gerbs – Pretzel Bits (available online)
Newman's Own – Salted Stick, Salted Pretzel Rounds, Unsalted Pretzel Rounds, Spelt Pretzels
Rold Gold – Thins, Sticks, Rods, Tiny Twists, Lightly Salted Tiny Twists, Tiny Twists Honey Mustard, Sourdough, Honey Wheat
Stacy's – Naked Pretzel Thins

Tortilla Chips

Que Pasa – Blue, Red or Yellow Corn Chips
Simply Tostitos – Blue or Yellow Corn Chips
Late July – Organic Multigrain Tortilla Chips, Sea Salt by the Seashore, SubLime, Summertime Blues or Sweet Potato
Stacy's – Simply Naked Pita Chips
Sun Chips – Original

Applesauce

(Please only bring organic options)
Gogo Squeeze – Organic Flavors
Harris Teeter – Unsweetened Organic
Vermont Village – Organic Flavors

Dried Seeds and Mixes

Sun Maid Raisins
Enjoy Life Seed Mixes
Gerbs – Dried Fruits and Seeds (available online)
Crispy Green – Freeze Dried Fruit

Graham Crackers

Teddy Grahams
Enjoy Life – Crunchy Vanilla Graham Cookies

Popcorn

Skinny Pop – All Flavors (cheese flavor is vegan)
Earth Balance – All Flavors
Boom Chica Pop – Non-Dairy Flavors

Cereals

Corn Chex
Cheerios
Rice Chex
Freedom Foods – Tropicos

Nut Butter Alternative

Sunbutter is great for ants on a log or dipping fruit and crackers

Bars

Enjoy Life
Live G Free – Chewy Bars (available at Aldi)
Stretch Island – Organic Fruit Strips & Fruit Bites
Cascadian Farm – Granola Bars

Granola

(Please only bring organic options)
Nature's Path
Cascadian Farm
Good & Gather

Crackers

Triscuits
Wheat Thins
Back to Nature – Plain or Wheat Flavors