

SNACKS-CHOKING HAZARDS

Because we are so concerned for the safety of your children, we follow the Department of Children and Families guidelines at snack time. All students should bring a daily **non-dairy** snack to school. **K-2nd must bring any store packaged items in its original packaging. (Even traces of dairy can cause allergic reactions)**

In preschool, the parent may bring a larger size bag or box of pretzels, graham crackers, cereal, etc. The teacher will distribute these snacks. Parents should replenish every 2 weeks or so. Also, we will have non-dairy lunches Monday, Tuesday, Thursday and Friday. **Please note that on Wednesdays, the EHA Café will serve pizza. However, students are not allowed to bring ANY dairy items at ANY time.**

Please do not bring any food items with this symbol.



Following is a list of foods that are choking hazards and **must not be sent to the preschool:**

- Nuts of any kind
- Popcorn
- Raw carrots
- Raisin/Craisins
- Hard Candy
- Grapes (can be sent in if they are cut into quarters – four pieces)

If there is something on the menu your child can not eat, you may send in a **non-dairy** lunch as an alternative.

DAIRY FREE SNACK IDEAS

