

TEMPLE SNACK GUIDELINES

As parents, we all have our own philosophies about the kinds of snacks we want our children to enjoy. The religious school does not have an official policy on “sweets”, but here are a few guidelines to help make smart choices when bringing snacks to your child's classroom. On the back is an “idea list” of inexpensive, easy-to-find snacks.

1. VARIETY. Bringing two or three different items is much appreciated. Consider something “snacky” like crackers and cheese, plus something healthy like fruit or cut-up veggies. And, if you must, a *small portion* of something sweet. This will give kids options and also accommodate different diets.

2. TAKE ADVANTAGE OF THE FRIDGE. The temple's kitchen is at your disposal for chilling/freezing food until snack time. Just clearly mark your snacks with the teacher's name so nobody else gobbles it up!

3. INDIVIDUAL PORTIONS. Kids are more likely to eat fruit that is cut into pieces or comes in small portions. If serving something sweeter, a muffin cut into quarters will help keep kids from going overboard with sugar. Also, please “pre-cut” any snacks to save the teacher from having to do this task at snack time.

4. AVOID SUGAR-SWEETENED JUICES. Juice is plenty yummy without having high fructose corn syrup added to it, isn't it? Go for “pure” brands like Juicy Juice over Capri-sun. Most of the Trader Joes' individual boxed juices are all natural.

5. RESPECT TEACHER REQUESTS. If your child's teacher has made special snack guidelines, please follow them. Several classes have students with special dietary restrictions.

6. AFTER-SCHOOL SWEETS. Would you like your child to enjoy a little something special, a “sweet” association with religious school? Consider making it an after-school reward! Once class is over, take your kid out for donuts, ice-cream, cheese cake, go nuts...

In short, please try to take a middle-of-the-road approach regarding snacks. If we can all aim for sensible moderation we'll avoid having to implement a stricter food policy.

Many thanks,
Temple Sinai of Glendale's Education Board

ALSO, PLEASE NOTE THAT **POPCORN** IS NO LONGER PERMITTED

*This is because the students take it outside and make a mess of it,
and the kernels end up on all over the play area where the
Grandview pre-school children later pick them up and try to eat them.*

EASY SNACK IDEAS

Fresh Fruit

Grapes

Apricots

Tangerines

Clementines

Bananas

Melon slices

Apple slices (with peanut butter if you like)

Berries (strawberries, blackberries, blueberries... anything but Cap'n Crunchberries)

Other "Healthy-ish" Choices

Raw veggie slices (like carrots & celery) and dip

Pita with hummus

Lowfat string cheese or cheese sticks

Lowfat yogurt

Gogurt!

Sunflower seeds

Dried fruit bars

Dried banana chips

"Snackier" Stuff

Crackers (with cheese or peanut butter)

Trail mix

Pretzels

Goldfish

Baked potato chips

Bagel Chips

Small bagel & cream cheese sandwiches

POPCORN NOT PERMITTED, SORRY!

Reasonable Sweets

Graham crackers

Animal Crackers

Granola bars (low fat please)

Mini muffins (carrot, pumpkin, blueberry)

And always, the "Sunday School Classic..."

Challah, Fruit & Grape Juice!

(with jam or healthy butter-like spread)