



Name of your Childcare

Address

Phone Number

Parents Guide to Nutritious Food Brought from Home

Recommended Foods

Fresh fruit

Apples with cheese or peanut butter

Whole grain crackers with cheese

Pre-cut fresh vegetables (try a low-fat dip)

Small bags of trail mix

Dried fruits such as raisins, prunes, apricots, etc

Low-fat yogurt (try mixing in granola and fresh fruit)

Small bags of whole grain cereal (Cheerios, Mini-Wheat's)

Celery with low-fat cream cheese or peanut butter

½ Whole grain bagel with low-fat cream cheese

Bran or fruit muffins

The above foods contribute to healthy diet for children. They are good sources of vitamins, minerals, and fiber. Most food preferences and dietary habits are established during childhood. The more children receive consistent messages about healthy food choices, the healthier their choices will be!

Discouraged Foods

Candy or gum

Fruit rolls

Doughnuts

Ice cream/popsicles

Soda

Fruit punch

Cakes, cupcakes, cookies

Marshmallows

Potato/corn chips

The above foods contribute many calories, sugar, and/or fat with little or no nutrition. They can also harm children's teeth. These foods will be set aside and sent home with the child at the end of the day if they are brought in.

**We encourage healthy options to celebrate special occasions like smoothies, fruit with yogurt, or 100% fruit juice popsicles. If you plan to bring food from home, please take this into consideration.



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