What to look for when shopping:

- Soft, simple classroom slippers to wear in the classroom. Robeez, Soft Star, Croc, Foamtreads and Acorn are popular brands. These will stay at school.
- Velcro or slip-on closed-toed shoes. Children will be running, playing in mulch, sand and dirt. Please also choose shoes your child can work toward getting on and off independently.
    - *Please no tie shoes, cowboy boots or open-toed sandals for preschoolers.
- Easy to pull-on shirts and shorts/pants without snaps, buttons, or zippers and please no long dresses - this makes toileting easier for our preschool students.
- Trash-free snack and lunch boxes with multiple compartments. Yumbox is a popular brand. Please practice opening and closing containers with your child.
- Easy-open water bottle. Please practice opening and closing with your child.
- Labels for absolutely everything to clearly designate your child's belongings.
- Rain boots and rain jacket your child can wear to school on wet days - these will go home with your child each day.
    - *Please check the weather each morning so that your child has appropriate clothing for the day.

SCROLL TO SEE NUT-FREE SNACK IDEAS ON PAGE 2

Nut-Free Snack Ideas

Students will bring their own snacks—and lunch when needed—to school.
Please be sure to label all snack containers with your child's name.

To help keep snacks balanced and nutritious,
aim to include one item from each of the following categories:
1. Fiber (e.g., fruits, vegetables, whole grains)
2. Protein (e.g., cheese, yogurt, nuts, seeds)
3. Healthy Fat (e.g., avocado, nut butter, olives)

Fiber

- Vegetables (carrots, celery, cherry tomatoes, cucumbers, broccoli, cauliflower)
- Pretzels or Goldfish
- Graham crackers
- Fruit
- Tortilla chips or pita wedges
- Popcorn
- Mini bagels
- Chex mix
- Whole grain crackers

Protein/Healthy Fat

- String cheese or Babybel
- Plain Whole fat yogurt – drizzle honey or add fruit for sweetness
- Sunbutter
- Mixture of Seeds- sunflower, pumpkin
- Hummus
- Ham or turkey and cheese rollup
- Cream cheese
- Avocado / guacamole
- Edamame

Please provide a cold pack for your child's snack if it needs to be chilled.
Serving sizes for children are usually the size of their fist.