

## **Snack Information**

Parents are responsible for providing a small NUTRITIOUS snack. We feel it is important to begin teaching children about healthy lifestyles at a young age and therefore ask that you do not send high sugar snacks and treats.

We will provide each child with their own labelled water bottle which will be kept at preschool until the end of the year. Please do not send additional drinks with your child.

Each year you will be notified if there is a child with an allergy in our program.

If there are any children with life threatening allergies, parents will be notified and any foods containing that allergen will be forbidden. In that case, we will provide a list of "approved" snacks that are allowed at preschool.

We thank you for your understanding in ensuring that all children are kept safe!