**Important Reminders for Snack Preparation**

**Cleanliness and Hygiene:**

1. Please wash hands thoroughly before preparing food.

2. Exchange your smock for a Snack Smock hanging on the wall by the West Lab.

3. You must wear preparation gloves. Please change gloves if they come in contact with garbage can lids, door handles, face or hair.

4. Please wash all fruits and vegetable before cutting, including those with rinds.

a. Bananas, apples, pears and other fruit that browns should be cut in class.

5. All foods need to be placed in bowls and covered with plastic wrap until serving.

a. Cold foods must be kept in the refrigerator until serving.

6. You may not serve snack if you have toileted, diapered or changed a child in your smock.

7. If noses need to be wiped, teacher and child must wash their hands before returning to snack.

**Philosophy:**

1. We serve snack family style. Allow children to serve themselves from a main serving dish.

2. Do only necessary preparation before the children come. Children should be able to cut and prepare their own food as much as possible. This also prevents browning.

3. Portion cups may be used when a dip is served, or they may spoon it onto their plates.

4. Snack time allows us to model and teach children many skills, including; nutrition, socialization, coordination, manners, etc.

5. The teacher preparing and serving snack should eat WITH the children.