

Procedure for Snacks in Park District Programs

The Park District believes in offering healthy options for participants in our programs. The following DCFS licensing standards are required for all preschool programs, but are also to be followed by all other Park District programs (whether the Park District is providing the snacks or they are provided by a participant or guardian to be shared with the class).

Healthy Snacks in Park District Programs

1. Due to the increase of children with peanut allergies, no snacks that contain any type of nut, peanut oil, or trace amounts of peanuts in the ingredients may be served.
2. Drinks must be 100% juice (No soda pop, Hi-C, Capri-Sun, Gatorade, etc.). Water and milk are also acceptable.
3. Snacks must be store or bakery bought. Homemade snacks are not allowed.

Recommended snacks include:

- Animal crackers
- Apple sauce
- Bagels and low-fat cream cheese
- Cheese and crackers
- Cheese sticks
- Fresh fruit including oranges, strawberries, apples, bananas, pears, raspberries, blueberries, pineapple, etc.
- Fruit cups
- Fruit snacks
- Goldfish crackers
- Graham crackers
- Granola or fruit bars
- Low-fat pudding
- Pita bread and hummus
- Popcorn
- Raisins
- Rice cakes
- Veggie sticks
- Yogurt