

Treat Bucket Ideas for Snacks

THANK YOU for volunteering to provide snacks for our Nursery!

To help you choose your treats, here is a list of ideas for the Snack Bucket. These are only suggestions and not mandatory. Please choose 1-3 items (2 is ideal but not required) to provide. Please send snacks in disposable packaging (like baggies instead of Rubbermaid) or retrieve your dishes when you pick up your child. Please send enough snacks to feed Nursery A: 8 children; Nursery B: 10 children.

- All items must be bite size and finger foods (able to be eaten with little hands).
- All fruits and vegetables need to be washed, peeled, and chopped so that it can be easily and quickly distributed. If it has seeds (like cucumbers or apples) it needs to have the seeds removed. If it is a food that will turn brown fairly quickly (like bananas), please dip/rinse it in a preservative (like lemon juice or Fruit Fresh). Only bananas may be sent whole and we will chop them as we serve them.
- Please, no spicy varieties of any pre-packaged or homemade item
 - Due to food allergies, please do NOT include food items that contain: Nuts

Fruits - Fresh, dried, dehydrated, or freeze-dried

- Apples - any color or variety; washed, peeled, and diced then dipped in lemon juice
- Bananas - ripe but not overripe; sliced, and sprinkled with Fruit Fresh
- Berries - ripe but not overripe; washed, sliced/diced if large
- Grapes - any seedless variety; washed, and halved (or quartered for extra large grapes)
- Melons - any variety; peeled, seeded, and diced small
- Pears or Pineapple - fresh or canned; drained and diced
- Raisins or Craisins - any variety or mix

Vegetables - Fresh, dried, dehydrated, or freeze-dried

- broccoli - fresh; washed, cut into small "trees" no bigger than a quarter or ½ your thumb
- carrot sticks - fresh; washed, diced or cut into small sticks no longer than ½ your thumb
- cauliflower - fresh; washed, cut into small "trees" no bigger than a quarter or ½ your thumb
- celery - fresh; washed, deveined, and diced small
- cucumbers - any fresh variety; washed, peeled, seeded, and diced small

Crackers - Name brand or Generic

- Wheat based - Ritz, Wheat Thins, Club, Triscuits, Saltines, Graham, Cheeze-its, Ritz Bitz, etc.
- Rice, Corn or Oat based - any

Cookies - Name brand or Generic

- any variety except chocolate covered or dipped (too messy)

Cereals - Name brand or Generic

- Wheat based - Life, Wheat Chex, Honey Smacks, bite sized Shredded Wheat, etc.
- Rice based - Rice Chex, crispy rice-plain or flavored, etc.
- Corn based - Corn Chex, Corn Pops, Honey Buzzers, Kix, Fruitloops, Captain Crunch, etc.
- Oat based - Cheerios-any variety, Marshmallow Mateys, etc.

Homemade Items - please include recipe or ingredient list

- mini muffins, brownie bites (these work best baked in mini muffin pans because fewer crumbs), mini cookies, mini cupcakes, chicken bites, mini meatballs, etc.
- any variety - wheat based, gluten free, sugar free, etc. just make them small
- popcorn - air popped please (no greasy residue please)