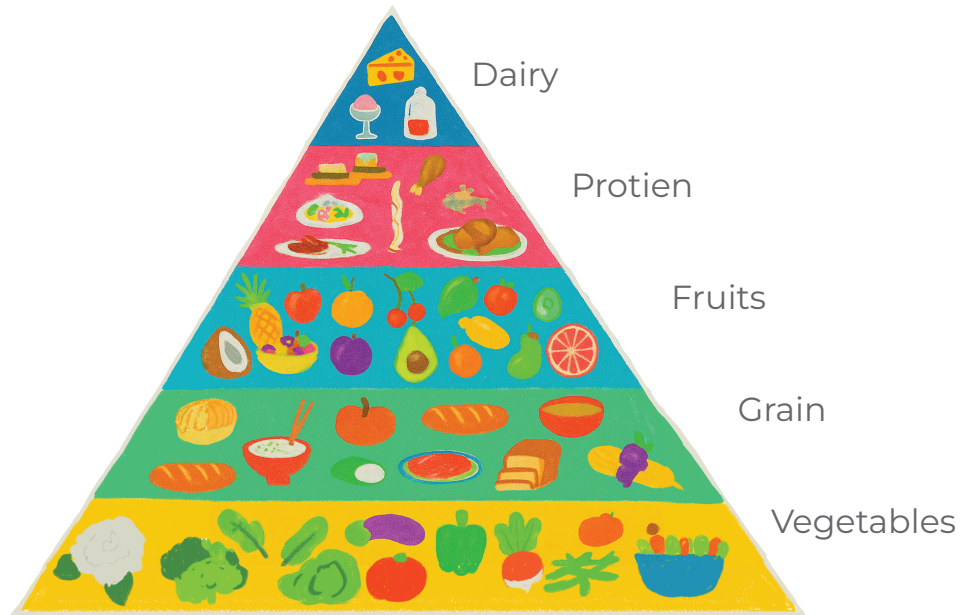


# Healthy Snack Guidelines



At VLC we believe that healthy eating habits begin in childhood and shape a lifetime of well-being. The Food Pyramid reminds us to eat a balanced variety of foods every day, giving our children the energy to learn, grow, and thrive.

To help our young learners, we ask families to pack snacks that reflect the main food groups in the Food Pyramid.



## What to send

- Fresh fruits and vegetables (washed, cut, and ready to eat)
- Hummus with veggie sticks or pita
- Fruit salad or veggie wraps
- Whole grain crackers, breadsticks, or sandwiches
- Rice or noodles/pasta made at home
- Homemade muffins or granola bars
- Cheese cubes, yogurt, or boiled eggs
- Nuts or Popcorn
- Homemade kebabs

## Hydration is Essential

Children should bring a labeled water bottle daily. We promote plain water as the healthiest drink and do not allow sugary or flavored beverages.

## What not to send

To keep our classroom calm, healthy, and inclusive, we ask that the following not be sent:

- Chocolates, candies, or gummies
- Packaged cookies, cakes, or sweet pastries
- Fizzy drinks, sugary juices, or flavored milk
- Snacks high in sugar, salt, or artificial flavors

## Working Together

By following the Food Pyramid, we can help children build lifelong healthy habits. If your child has dietary restrictions, allergies, or special preferences, please let the teacher know so we can accommodate with care.

## • Birthdays at VLC



At VLC, we celebrate birthdays by making each child feel seen, loved, and valued—without relying on sugar or extra treats!

To ensure the safety and well-being of all children—including those with allergies and dietary restrictions—and in line with our healthy snacks policy, we kindly request that any birthday cake brought in be simple: no cream, chocolate icing, or fondant.

Tea cakes, marble cakes, and fruit cakes are preferred and encouraged. Please note: if a cake does not meet these guidelines, we will not be able to serve it in class.

We ask that no cupcakes or sugary treats (other than a basic cake as described above) be sent in.

To keep things fair and simple, please do not send goody bags to school.

### Want to Do Something Special?

Come in and read a book or tell a story to the class.

Share your child's favourite song so we can sing it together during circle time.

Send in a plant or flower for our campus to celebrate growth and joy.

### Let's Coordinate!

If your child's birthday is coming up, please connect with the teacher ahead of time so we can plan the day together.

When sending a cake, please also bring paper plates, spoons, and napkins to make serving easy and tidy.

Thank you for helping us create a celebration space that is joyful, inclusive, and full of heart.