

Although it is only a snack, we would still like to ask you to bring a variety of satisfying, healthy and nutritious foods. The amount should be enough for 24 children, 3 adults as well as the sample plate.

In addition to snacks, we also need **apples, tangerines, carrots, sliced bread (toast) and cut flowers** which should be delivered the **Monday morning** of your assigned snack week. Please speak to the teachers in order to find out what and how much to bring.

Below you can find a list of appropriate food choices, tips and important information.

A daily snack should include selections from the **fruits, vegetables** and **bread and cereal** groups.

- ✓ vegetables and fruits need to be washed, **cut(!)** and if necessary peeled
- ✓ please avoid bringing Milchschnitten (stuffed cake), Babybel cheese or fruit yoghurt (Fruchtzwerge)
- ✓ In general, please avoid bringing any type of unhealthy, processed foods.

Please make sure to bring the following foods no more than once a week:

- ✓ muesli (if you bring corn flakes please make sure to choose the no-sugar-added ones !!)
- ✓ sweets such as cake, waffles or pancakes
- ✓ processed meats (such as sausages etc.)

Vegetables <i>depending on season</i>	+	Fruits <i>depending on season</i>	+	Bread & Cereal	+ other choices
tomatoes		apples		muesli (+3litres milk)	juice
cucumbers		bananas		sandwiches (cheese/ham)	hard-boiled eggs
kohlrabi		pears		sweet yeast bread	scrambled eggs
carrots		strawberries		pretzel	nuts and raisins
celery stalks		blueberries		pretzel sticks	hard cheese
bell peppers		raspberries		rolls	banana milk
etc.		melon		rice pudding	smoothies
		plums		pancakes	dried fruits
		grapes		crisp bread	yoghurt
		kiwi		cake/pastries/muffins	milk
		etc.		raisin bread	quark cheese
				puff pastry	apple sauce
				pizza	etc.
				etc.	

Thank you for your help and understanding as we try to provide our children with healthy food choices for a healthy body and mind!