

**BEACON HILL HEALTHY SNACK POLICY**  
**FOR EARLY CHILDHOOD DEPARTMENT**  
**2012-2013**

At Beacon Hill, we are concerned with every aspect of a child's growth and development. We believe that when learning and healthy habits are ingrained at a young age, children will have a strong foundation for a lifetime of health and achievement.

**To that end, we have developed a new snack policy that will be enforced for all children in Jewels, Gems, Pre-School, and Jr. Kindergarten. All snacks must come from the approved list.** If a child brings in a snack that is not on the list, it will be put into their backpacks to bring back home. Children will only be given the healthy snacks that are on the approved list. Low-fat milk is provided during lunch for students who are on the Beacon Hill lunch program, and all students regularly drink water throughout the school day.

Also, please remember that foods such as chips, pastries, doughnuts, cookies, candy, and sweetened drinks are acceptable as occasional treats, such as birthday and holiday celebrations, but should not be considered as snack foods for young children.

Please see other side of page for approved snack list.

**Beacon Hill Preparatory School Early Childhood Department**  
**APPROVED SNACK LIST**  
**2012-2013**

**Beverages**

- Low-fat milk
- 100% fruit juice

**Snack Foods**

- All fruits and vegetables
- Whole grain or whole wheat crackers
- Cheese (string, cubes, slices)
- Pretzels
- Graham crackers
- Unsweetened applesauce and fruit cups
- Fruit and cereal bars (not frosted)
- Granola bars (not chocolate-covered or frosted)
- Rice cakes
- Dried fruit
- Cheese crackers
- Animal crackers (unfrosted)
- Yogurt
- Pudding cups (sugar-free)
- Unsweetened cereals, such as Cheerios, Chex (rice, corn, or wheat), Kix
- Snack cracker packages (such as cheese on wheat, peanut butter on wheat)

Thank you for your cooperation with the Healthy Snacks Policy. We know that these wholesome snacks will strengthen students' learning and growth.

If you have any questions, please contact Mrs. Solomon at [RSolomon@BeaconHillMiami.com](mailto:RSolomon@BeaconHillMiami.com), or (305) 624-1600.