

HEALTHY SNACKS & LUNCH RECCOMENDATIONS

Bethany Lutheran Preschool promotes healthy eating habits to help our bodies grow in God's image. Please provide a minimum of 2 items from each food group per snack times and lunch.

FRUITS & VEGETABLES

- Apple Sauce
- Apples
- Apricot, Peach, Plum (pitted & sliced)
- Avocado/Guacamole
- Banana
- Bell Peppers (mini, sticks)
- Berries (Blackberries, Blueberries, Raspberries, Strawberries, etc.)
- Broccoli
- Carrot Sticks
- Cauliflower
- Celery Sticks
- Cherries (pitted & sliced)
- Cherry/Grape Tomatoes (sliced)
- Coconut
- Cucumber Sticks
- Cuties/Oranges (sliced)
- Dried Fruit
- Edamame
- Fruit Cup
- Fruit Pouches
- Fruit Smoothie
- Grapes (sliced)
- Jicama Sticks
- Kiwi (cut in half, sliced)
- Mango
- Melon
- Nori (dried Seaweed))
- Olives (pitted & sliced)
- Pears
- Pickles (mini or spears)
- Pineapple
- Raisins
- Salad Bowl/Salad
- Sugar Snap Peas
- Veggie Sticks
- Yogurt Covered Fruit
- Zucchini sticks

DAIRY

- Cottage Cheese
- Cream Cheese
- Kefir/Yakult
- Milk (shelf-stable only)
- Sliced/String Cheese
- Yogurt (Containers, Pouches, Tubes)

GRAINS

- Bagel/Bagel Chips
- Crackers (Cheeze-Its, Club, Goldfish, Graham, Multigrain, Ritz, Saltines, Triscuits, Wheat Thins, etc.)
- DryCereal
- Granola Bars
- Pita Bread/Chips
- Pop!Chips
- Pretzels
- Tortilla Wraps with Spread
- Whole Grain Bread
- Whole Grain Chips
- Whole Grain Pasta/Rice

PROTIEN

- Butters (Almond, Peanut, Nut)
- Hard Boiled Eggs
- Hot Dogs (Quartered)
- Hummus
- Legumes (Beans, Chickpeas, Lentils, etc.)
- Meat Jerky/Meat Sticks
- Nuts (Almonds, Nut Mix, Peanuts, Pecans, Walnuts - NO Shelled Whole Nuts)
- Quinoa
- Sliced Lunch Meat (Salami, etc.)
- Trail Mix
- Tuna

CHOKING HAZARDS

PLEASE REFRAIN FROM SENDING YOUR CHILD WITH THESE ITEMS:

- Any food item with a pit
- Children's charcuterie food picks/toothpicks of any kind
- Hard, gooey or sticky candies
- Hard pretzels
- Large chunks of meat or cheese
- Marshmallows
- Popcorn
- Raw peas
- Raw, uncut veggies
- Small round fruits and vegetables
- Spoons of peanut butter
- Shelled Nuts
- Whole Grapes
- Whole Hot Dogs
- Whole Nuts

Absolutely NO glass containers allowed.



HEALTH & NUTRITION FAMILY RESOURCES

WEBSITES

- 1. Creation Health (by AdventHealth)** Rooted in the biblical creation story, this program promotes 8 principles (Choice, Rest, Environment, Activity, Trust, Interpersonal relationships, Outlook, and Nutrition).
www.creationlife.com
- 2. Faithful Families Thriving Communities** Recipes, devotionals, church-based health program guides.
www.faithfulfamilies.com
- 3. First Place for Health** Group studies, books, meal plans, and devotional material.
www.firstplaceforhealth.com
- 4. The Daniel Plan (by Saddleback Church / Rick Warren)** Encourages honoring God through caring for your body. www.danielplan.com
- 5. Focus on the Family – Healthy Living** www.focusonthefamily.com
- 6. Lutheran Social Services Long Beach** Health and Wellness Initiatives Holistic support for families, including health and nutrition. Community outreach programs, nutrition education, and support services through local Lutheran organizations. www.lsssc.org/long-beach
- 7. Project Shepherd Lakewood** www.lakewoodca.gov/About/Charitable-Organizations/Project-Shepherd
- 8. LA Food Bank Long Beach** www.lafoodbank.org/about/locations/long-beach
- 9. No Kid Hungry** www.nokidhungry.org
- 10. Feeding America** www.feedingamerica.org
- 11. MyPlate** www.myplate.gov



According to the USDA's Child and Adult Care Food Program (CACFP) here are the standard portion sizes for preschoolers (ages 2–6) that align with both nutritional guidelines and the needs of growing children.

"Taste and see that the Lord is good; blessed is the one who takes refuge in him." – Psalm 34:8

SNACK PORTIONS

Food Group	Ages 2–3	Ages 4–6
Dairy	½ cup	½ cup
Fruit/Vegetable	½ cup	½ cup
Grains	½ oz eq	½ oz eq
Protein	½ oz	½ oz

MEAL PORTIONS

Food Group	Ages 2–3	Ages 4–6
Dairy	½ cup	¾ cup
Protein	1 oz	1½ oz
Vegetables	⅛ cup	¼ cup
Fruits	⅛ cup	¼ cup
Grains	½ oz eq	½ oz eq