



## **After-School Program (ASP) Snack Guidelines, Fall 2022**

Dear Parents,

Every afternoon, the children enrolled in ASP gather for a healthy snack. The snack is served for Primary students at 3:30 p.m. Elementary students will have snack shortly after 4:00 p.m. Our students will help prepare snacks and clean the dishes with our ASP staff.

The families of the After-School community are asked to provide snack food for ASP on a weekly rotation. You will find the guidelines for weekly ASP snack food on the next page, but keep in mind that they may be adjusted for your particular week if there are fewer days than usual or if there is a surplus of supplies from the week before. You will receive an email reminder from us the week before you are expected to provide food for ASP.



The groceries should be delivered on Monday morning during drop off at school. If you bring the snack to school in the morning, please leave it in the Front Office so it can be properly stored. If you drop it off via the carpool line, please be sure to tell the person who takes the snack out of the car that it is for ASP. In addition, please label all bags “ASP.”

**If you are not able to bring snacks for your assigned week, or if you need to change your dates, please contact the Director of Auxiliary Programs as soon as possible.**

Thank you all for your assistance and flexibility in providing snack!

Warmly,  
Phillip Katinas and the ASP Staff



**Below are some examples of a typical snack week. Please note: these are just examples! The items can be changed, and we encourage variety, but the quantity should be roughly the same.**

|                | <b>Example #1</b>   | <b>Example #2</b>  | <b>Example #3</b>   |
|----------------|---|--|---|
| <b>Bread</b>   | 3 boxes of crackers<br>3 large bags of veggie chips<br>2 bags of cinnamon bread | 2 large bags of pretzels<br>2 large bags of pita chips*<br>2 bags of popcorn                 | 2 large bags of tortilla chips*<br>3 bags of mini-bagels*<br>2 bags of Goldfish |
| <b>Cheese</b>  | 2 large blocks (1 lb.) of Cheddar*  | 4 small blocks (8 oz) of Monterey Jack   | 2 large blocks (1 lb.) of Colby Jack  |
| <b>Spread</b>  | 2 large tubs of cream cheese<br>1 bottle of ranch dressing                      | 1 tub of tzatziki<br>1 large tub of bean dip   | 2 large tubs of salsa*<br>1 large tub of cream cheese                           |
| <b>Fruit</b>   | 5-6 bananas<br>8 oranges<br>8 pears*<br>1 large box of raisins                  | 1 bag of clementines<br>2 large tubs of berries*<br>2 pineapples*<br>2 boxes of dried mangos | 1 watermelon*<br>8 peaches<br>8 apples<br>2 boxes of dried cranberries          |
| <b>Veggies</b> | 3 cucumbers*<br>3 bell peppers  | 1 large bag of baby carrots<br>1 bag of sugar snap peas                                      | 2 stalks of celery<br>1 tub of cherry tomatoes*                                 |

**\* = denotes some student-favorite items of the past!**

**A few other items to consider bringing:**

- Yogurt
- Apple sauce
- Chex Mix, Ritz crackers, and potato chips are good for an occasional treat!
- Any seasonal fruits or veggies

**Due to allergies, please do not bring:**

- Anything containing nuts
- Anything containing sesame (this includes hummus)



**ASP Fall Snack Schedule:**

| <b>Week</b>             | <b>Family</b>              |
|-------------------------|----------------------------|
| September 6-9 (4 days)  | Manuela Luizaga-Vicéns     |
| September 12-16         | Rose and Lucy Benscher     |
| September 19-23         | Keiji Ganelli              |
| September 26-30         | Blake Carpentier           |
| October 3-6 (4 days)    | Max, Nina, and Leo Milberg |
| October 11-14 (4 days)  | Eden White                 |
| October 17-21           | Petra Franke               |
| October 24-26 (3 days)  | Isla Phillips              |
| October 31-November 4   | Nora Jay                   |
| November 7-11           | Noah Leath                 |
| November 14-18          | Nicholas Moffly            |
| November 21-22 (2 days) | Austin Callahan-Ward       |
| November 28-December 2  | Henry Turk                 |
| December 5-9            | Sebby Kwon                 |
| December 12-16          | Razan Chaaibi              |