



SNACK SHARE GUIDE

Cottonwood ALC Roots promotes community engagement in various ways, one of which is participating in monthly snack share, which are food offerings to our learners and facilitators during their busy, exploratory day. Each family is asked to provide snack share for the group approximately once per month. Your snack share date will be listed on the [Cottonwood ALC Snack Share Calendar](#). If for some reason you are unable to provide snack on your designated day, we ask that you reach out to the larger Cottonwood community within a week of your snack share date to swap days. Each family is responsible for either completing or swapping their snack share day.

Please provide enough snack for the entire group (including facilitators) at drop-off on your assigned day. All snack share should be dropped off inside. We are approximately 16 learners and 3 facilitators per day. Facilitators will return any food containers either the same day, or the day after (depending on the flow of the day). If you are able to have fruit and veggies washed that is great, but we want children to help with cutting, chopping, serving so no further preparation is necessary.

IMPORTANT: Please note that some of our learners are lactose intolerant, dairy intolerant and sensitive to wheat. Please clearly label any foods with these ingredients.

As far as what to bring, we ask that you bring a minimum of two items on your snack share day and that those items include a fruit/vegetable and a protein. Feel free to get creative!

Snack ideas include:

bag of apples and almond butter
raisins and carrots
kale chips and grape tomatoes
cucumber and hummus
dried apples and sunflower seeds
clementines and almonds
pumpkin seeds and dried apricots
rice cakes, sunbutter and raisins
bananas and peanut butter
rice and seaweed
hard boiled eggs and fried potatoes
sweet potato fries
salami and cheese