**SNACK PARENT TIPS AND GUIDELINES**

“Snack” is a light dinner designed to feed about 90 kids. Snack parents (2 per assignment) supervise distribution of food at rehearsals, dress rehearsals, and concerts. The students need protein, vegetable and fruit. Please be sure to include a vegetarian and a gluten free option. You can make the food yourself, or buy it. Please try to make it healthy.

Snack should be fast/ready to serve. FCCO has counter space and a sink for food preparation, but no ovens, no utensils and no serving dishes. Snack parents should bring food that is already warmed and ready to eat. Snack parents are also responsible for food and appropriate serving utensils/dishes, as well as paper plates, napkins and plastic forks, etc. Some parents bring paper tablecloths to decorate the table and to facilitate clean up.

**It is essential to label the contents/ingredients of the foods**; consider the type of meat, and what types of oils are used.  **This is a major snack/small dinner.**  The students need protein, vegetables, and fruit. Please make sure that fruits are rinsed before serving.

Please be sure to include vegetarian and pork-free options.

Please note that this year, we have orchestra members with the following food restrictions. Please be sure to provide a snack for these orchestra members as well.

* Gluten intolerance
* Lactose intolerance (1 member)

**YPSO has a strict “NO NUTS” policy for snack.**More specific instructions are available on the YPSO website in the Members section.

YPSO provides water and the parents are expected to bring paper cups. Water is the only drink that is permitted.

Snack should be ready to serve by 7:10 pm. Breaks are at approximately 7:10 pm and 8:30 pm. The first break is about 15 minutes. The second break is shorter.  Bring enough food for both breaks.

**Snack parents should stay for the duration of both snacks and are responsible for helping to make sure that the correct refuse goes in the correct bin. Please familiarize yourself with the following information for this task: http://www.oaklandrecycles.com/businesses/**

Typical cost is about $250-$300 (depending on food selection) split between the two snack families (but remember, you’re only snack parent once per year and your child eats snack every rehearsal).

Snack suggestions: Ask your child what they like.

For new families—along with fruit, cookies and salad, some previous popular snacks have been:

        Pizza

        Chinese noodles and chicken wings/dumplings

        Assemble your own sandwich - Assorted breads, deli meats, condiments, lettuce, tomato, cheese

        Meat Lasagna and vegetarian lasagna

        Pasta with pesto AND pasta with meat sauce

        Assorted burritos with salsa and beans

        Beef franks (or cheese) wrapped in biscuit dough