

HEALTHY SNACK GUIDELINES FOR PARENTS

Parents: The foods on this list will reduce the chance of a life-threatening reaction for children allergic to peanuts & nuts by touch.
Please use this guide when selecting your child's snacks and read all ingredients carefully, as they change without notice.

| FRUITS | VEGETABLES | DAIRY | WHOLE GRAINS |
|------------------|-------------------|-------------------------------------|------------------------------------|
| Apples | Broccoli | Cheese Sticks, Slices & Cubes | Animal Crackers plain |
| Applesauce | Carrots | Cottage Cheese | Mini Bagels (Whole Wheat or Plain) |
| Bananas | Cauliflower | Cream Cheese | Cheerios |
| Canned Fruit | Celery Sticks | Non Fat Ranch Dip | Cheese Nips |
| Cantaloupe | Cherry Tomatoes | Sugar Free Pudding | Cheez-It Crackers |
| Clementines | Cucumbers | Yogurt | Goldfish Crackers |
| Dried Apricots | Snow Peas | | Graham Crackers |
| Grapes | | | Wheat Thins |
| Honeydew | | PROTEIN | Popcorn – air popped |
| Kiwi | OTHER | Chicken Slices | Pretzels |
| Oranges | Sugar Free Jello | Ham Slices | Saltine Crackers |
| Peaches | | Hummus & other bean spreads (2Tbsp) | Trail Mix (nut-free) |
| Pears | | Soy Butter (2Tbsp) | |
| Pineapple Chunks | | Turkey Slices | |
| Plums | | | |
| Strawberries | | | |
| Watermelon | | | |

ADDITIONAL HEALTHY SNACK ITEMS FOR CLASSROOM PARTIES ONLY

| FRUIT SNACKS | CHIPS | CRACKERS |
|---|---------------------------|---|
| Betty Crocker Fruit Gushers | Baked Potato Chips | Keebler Club Crackers |
| Betty Crocker Fruit Roll Ups | Cool Ranch Doritos | Keebler Bug Bites |
| Betty Crocker Fruit Snacks | French Onion Sun Chips | Keebler Scooby Do Crackers |
| Betty Crocker Stackers | Fritos Corn Chips | Nabisco Graham Crackers & Graham Sticks |
| Betty Crocker Fruit by the Foot | Garden Salsa Sun Chips | Nabisco Ritz |
| Betty Crocker Yogos | Harvest Cheddar Sun Chips | Nabisco Triscuits |
| Kellogg's Fruit Twistables & Fruit Snacks | Nacho Doritos | Nabisco Wheat Thins |
| Sunkist Fruit Snacks | Original Sun Chips | Pepperidge Farm Goldfish |
| Sunkist Fruit Smoothie Blitz | Pringles | Stauffer's Animal Crackers (plain, not frosted) |
| Welch's Fruit Snacks | | Sunshine Cheez-it's, Stix Twisterz |
| | | Nabisco 100 Calorie Packs of Wheat Thins, Mini Teddy Grahams, Honey Maid Crisps |

ADDITIONAL HEALTHY SNACK ITEMS FOR CLASSROOM PARTIES ONLY (Continued)

| BREAKFAST BARS | FROZEN ITEMS | OTHER SNACKS |
|--|------------------------|--|
| NutriGrain Cereal Fruit Bars | Frozen Yogurt | Del Monte Jello Cups |
| Kellogg's Smart Start | Fruit Bars | Fruit and Fruit Cups |
| Kellogg's Special K Cereal Bars (Not Nut & Honey Flavor) | Orange Sherbet | Hunt's Snack Pack Pudding |
| Kellogg's Special Snack Bits | Popsicles, 100% Fruit | Kraft Cheddar Cheese and String Cheese |
| Kellogg's Yogurt Bars | Vanilla Ice Cream Cups | Mott's/Musselman Applesauce Cups |
| | | Rice Krispy Treats |
| | | Rold Gold Pretzels |
| | | Sun Maid Raisins or Ocean Spray Craisins |
| | | Tostitos Chips, Salsas Or Dips |
| | | Yoplait GoGurt |

1. Drinks for parties will be limited to water, milk (white 1%, or chocolate non fat) or 50% to 100% juice.
2. Items that are being shared with the class must be store bought and individually wrapped.
3. Non-food related items for parties are acceptable. Such items include: pencils, erasers, bookmarks, stickers, coloring books, crayons, notepads, small novelty items or a book for the classroom library. Check with your child's teacher for other ideas or to see if an item is acceptable for the classroom.

THINGS TO AVOID

- Granola type bars, Some Keebler cookies, Some Oreos
- Little Debbie Snack Cakes (any flavor)
- Brach's Fruit Snacks
- Labels that include nut products or "This product was manufactured in a facility that processes peanuts or tree nuts "OR" This product was manufactured on equipment that also processes nuts or tree nuts" written on the label.
- Wal-Mart, Target, Dollar Store, Best Choice, Generic, Always Save brands do not consistently label for allergens and may contain nuts, but not say so on the label.