

# Healthy Snack List

Fruits	Vegetables	Dairy	Grains
<i>1-1 ½ cups daily. Fruit can be served whole, sliced, cut in half, cubed, or in wedges.</i>	<i>1 ½-2 ½ cups daily. Vegetables can be served raw with dip or salad dressing.</i>	<i>2-3 cups daily. Try to make sure all dairy foods are low-fat or fat-free.</i>	<i>4-6 ounces daily. Try to serve mostly whole grains.</i>
<b>Apples</b> (whole or sauce) <b>Bananas</b> <b>Berries</b> (black, blue, rasp., straw) <b>Cherries</b> (fresh or dried) <b>Grapes</b> <b>Kiwis</b> <b>Melons</b> (cantaloupe, honey dew, watermelon) <b>Nectarines</b> <b>Oranges</b> <b>Peaches</b> <b>Pears</b> <b>Pineapple</b> <b>Plums</b> <b>Tangerines</b>	<b>Broccoli</b> <b>Carrots</b> <b>Cauliflower</b> <b>Celery</b> <b>Cucumber</b> <b>Peppers</b> (red, green, yellow) <b>Tomatoes</b> (cherry, grape) <b>Summer Squash</b> <b>Zucchini</b>	<b>Yogurt</b> <b>Lower-Fat Cheese</b> <b>String Cheese</b> <b>Low-Fat Pudding</b>	<b>Whole Wheat English Muffins, Pita, or Tortillas</b> <b>Baked Tortilla Chips</b> <b>Whole Grain Crackers</b> (Triscuit/Wheat Thins) <b>Pretzels</b> (Rold Gold/Better Made) <b>Popcorn</b> (low-fat) <b>Cheese-Nips</b> (Nabisco) <b>Cheez-Its</b> (Sunshine) <b>Cereal-Dry</b> (Cheerios, Raisin Bran, Frosted Mini Wheats, Wheaties) <b>Goldfish</b> (Pepperidge Farms)
Canned, frozen, and dried fruits often need little preparation.	For dips: Try low-fat salad dressings, like fat-free Ranch or Thousand Island, store-bought light dips, or salsa.	Make a dip for fruits or vegetables w/yogurt or top your yogurt or pudding w/fruit.	Whole grains provide more fiber, vitamins, and minerals than refined grains.

**\*\*\*WATER should be the main drink served to children at snack time.\*\*\***

(One regular juice box can contain 7-8 teaspoons of sugar.)

This list is to be used as a guide for you, if you choose to send a healthy snack with your child. The snacks listed are intended to be healthy as well as safe for our children with peanut/tree nut allergies. If your child's classroom is designated as peanut/tree nut safe please check the labels of food prior to sending them into school. Keeping children healthy and safe is our priority.

**The School District is not responsible for any change in the ingredients used by the manufacturer in making and processing the snacks. It is your responsibility to check the labels regularly as products ingredients are subject to change without notice.**

# HOW TO READ A LABEL

**NOTE:** PLEASE check labels regularly; product ingredients change often and without notice.

When checking for allergens, look for a warning/alert on the packaging first. Labeling laws have made it easier and many times a product will have an allergen warning/alert on it.

**Avoid products with the following or similar allergy and ingredient alerts:**

“Contains peanut/tree nut ingredients”

“May contain peanuts/tree nuts”

“Processed on equipment where peanuts or tree nuts may be present”

“Made or packed in the same facility as peanuts/tree nuts”

If there is no allergy alert on the packaging, make sure to check the ingredient list for allergens.

**Verify that the product does not contain any of the following or similar ingredients:**

Peanuts/peanut oil/peanut butter/peanut flour

Tree nuts (almonds, cashews, macadamia, pecans, walnuts, etc.)

**Please do not send products into the classroom with these warnings or ingredients.**

**We recommend no homemade or bakery made goods.**

Baked goods (i.e., cookies, cakes, brownies, etc.), ice cream, chocolate and candy are all food items that could unknowingly contain traces of peanuts/nuts.

Please remember that all treats must be store bought, unopened, and include an ingredient label on the package.

Thank you in advance for your efforts to provide treats that can be safely enjoyed by everyone.