

## Updated 2018 Healthy Snack Information

ALL CLASSROOMS ARE NUT-FREE AREAS.

When you are providing snacks or bringing food items for birthday celebrations and/or holiday parties, snacks/treats must be nut-free. Foods that contain nuts or peanuts or nut by-products such as peanut oil or foods that were manufactured in factories where nuts were processed are NOT PERMITTED in the classrooms.

HOMEMADE TREATS ARE NOT PERMITTED.

NO DRINKS EXCEPT WATER PERMITTED.

For the safety of our children, only pre-packaged foods purchased at a store that do not contain nuts or nut by-products are permitted. All pre-packaged foods must contain the ingredient labels. When bringing fruit or vegetables to share during a party, it must come in original packaging from the store.

### Healthy Snack suggestions:

- string cheese, natural cheeses such as cheddar, mozzarella, or Colby
- fresh, canned, frozen or dried fruit or fruit cups
- popcorn
- cottage cheese
- crackers
- tortilla roll-up with lean deli meat or cheese
- whole grain bagel with low-fat cream cheese
- baked tortilla chips
- baked potato chips
- light, low-fat yogurt in cups or squeeze tubes
- jerky
- roasted seaweed

