

NUTRITIOUS NUT-FREE SNACK LIST

“Food impacts how well a child’s brain works, affecting their moods and abilities ... In a child’s brain junk food can cause neurotransmitters, which pass along information, to function improperly. Smart foods, however, allow information to be processed correctly and help the child function at their optimal level.” – Dr. Sears, one of America’s most renowned pediatricians and author of over 40 books

LET’S HELP OUR CHILDREN DO THEIR BEST AT SCHOOL BY SENDING IN **SMART “REAL FOOD” SNACKS**

REAL FOOD IS...

- Whole grain
- Made with no (or little) refined sweeteners like white sugar or corn syrup
- Fresh fruits and vegetables, dairy products, seeds, dried fruit
- More a product of nature than a product of industry

REAL FOOD IS NOT...

- “Low fat” or “low carb” or “low calorie” products (in most cases)
- Made with artificial sweeteners
- Deep fried in refined oil
- 100-calorie packs made with refined grains like white flour (labeled as “wheat flour”)
- Something out of a package containing ingredients you cannot pronounce
- Highly processed food

PEANUT FREE/TREE NUT FREE SNACK LIST

- Avoid snacks that contain peanuts, peanut flour, peanut oil, or peanut butter or other nuts. This includes snacks with almonds, coconuts, filberts, Brazil nuts, cashews, hazelnuts, macadamia nut, pecans, pine nuts, pistachios, and walnuts.
- Read labels carefully to make sure the products are nut free. This includes labels that read “May contain traces of peanuts/nuts” or “processed in a facility that processes products that contain peanuts/nuts.” Food labels and ingredients change over time, so always read the label each time before purchasing snacks.
- Include the packaging of your treat when you send it to the classroom, so that the label may be rechecked if there are any questions.

Thank you for your consideration and support in keeping the food-allergic child safe from having a life threatening allergic reaction at school.

HEALTHY SNACKS

Fruits/Vegetables

Any fresh fruit
Applesauce cups
Raisin, Craisins, and other dried fruits
Fruit cups
Fresh vegetables
Vegetable Dips

Cheese/Dairy

Yogurt in individual cups or tubes
String cheese or other cheeses
Drinkable yogurt or smoothies
Cottage cheese

Cereals

Cheerios (NOT Honey Nut or Frosted) Chex (Rice, Corn, Wheat)
Cinnamon Toast Crunch
Corn Flakes
Crispix
Frosted Mini-Wheats
Kashi (Go Lean Crunch, Good Friends, Cinnamon Raisin, Heart to Heart) cereals
Kix
Life (NOT Vanilla Yogurt Crunch) Wheaties

Crackers
Triscuits, Wheat Thins, Vegetable Thins Ritz
crackers/dinosaurs/sticks (Not Ritz Bits or sandwiches)
Town House, Club, Toasteds
Cheez-Its, Cheese Nips, Better Cheddars Saltines,
Oyster crackers
Wheatables, Air Crisps, Munch'ems, Keebler Snack
Stix
Brenton brand crackers
Goldfish crackers
Graham crackers, Graham cracker sticks Teddy
Grahams
Animal Crackers (Austin, Zoo, Barnum)

Other Snack Items
Small bagels (Lenders or Thomas brand) with cream
cheese (no nut type)
Popcorn
Pretzels
Nutrigrain cereal bars/yogurt bars
Special K Bars (NOT Honey Nut)
Special K Snack Bites
Fig Newtons (all flavors)
Rice Cakes (Not Quaker brand, not nut free) Cheez-It
Party Mix/ Munchie Party Mixes Kellogg's brand Rice
Krispie Treats (original) Sun Chips
Yogos/Yogo Rolls
Lentils - Trader Joe's Steamed Lentils (fridge section)
Garbanzo Beans

Read Every Label EVERY Time!

Food Labels & Ingredients May Change

Other SMART "REAL FOOD" SNACKS

FRESH FRUITS & VEGETABLES

- Apple
- Banana
- Carrots
- Celery
- Mango
- Pear
- Grapes
- Strawberries
- Blueberries
- Raspberries
- Oranges
- Peaches
- Plums
- Grapefruit
- Avocado
- Pineapple
- Papaya
- Star Fruit
- Figs
- Honeydew Melon
- Cantaloupe
- Watermelon
- Black Beans, Pinto Beans, etc.
- Lima Beans

- Cherries
- Edamame
- Sugar Snap Peas
- Green Beans
- Sweet Potato (with cinnamon)
- Sliced Bell Peppers
- Trader Joe's Ready to Eat Beets
- Cucumber
- Jicama
- Pomegranate
- Cherry Tomatoes
- Snow Peas
- Cauliflower
- Broccoli
- Lentils – Tasty Bite Heat and Eat Lentils
- Trader Joe's Steamed Lentils (Refrigerated Section)
- Garbanzo Beans
- Wedge of Cabbage

Some of these veggies would be great dipped into
Cedar's Organic Hummus or Sabra Hummus Dip (not
roasted pine nut flavor)

100% WHOLE-GRAIN SNACKS

- Triscuits
- Popcorn
- Oatmeal (served warm in thermos)
- Shredded Wheat (Post or Earth Fare brand)
- Arrowhead Mills Puffed Whole Grain Cereal (Corn, Wheat or Millet)
- Crunchmaster Multi-Seed Crackers
- Trader Joe's Woven Wheat Wafers
- Streit's Whole-Wheat Matzo Crackers
- Doctor Kracker Seeded Spelt Crackers
- Edward & Sons Brown Rice Snaps
- Koyo Brand Organic Brown Rice Chips
- Finn Crisp Thin Rye Crispbread
- Lundberg Brown Rice or Wild Rice Cakes
- Koyo Brown Rice Cakes
- Real Foods Corn Thins
- Wasa Rye Cripsbread Varieties
- Ryvita Rye Varieties
- Kashi Heart to Heart Whole Grain Crackers (Original and Roasted Garlic)
- Kashi 7 Grain Frozen Waffles
- Whole-Wheat or Brown Rice Pasta (macaroni noodles, penne, etc. can be served warm with butter in thermos or served cold as a pasta salad)
- HT Naturals Organic Brown Rice (good with bits of avocado and soy sauce)
- HT Naturals Whole Wheat Couscous (good mixed with a Greek yogurt sauce called Tzatziki)

OTHER "REAL FOOD" SNACKS

- Cheese
- Plain yogurt sweetened with a little honey
- Raw Sesame Seeds
- Raw Pumpkin Seeds
- Hard-Boiled Eggs
- GoRaw Live "Granola Bar"
- GoRaw Live "Pumpkin Bar"
- Bella Famiglia Olives
- Organic Divina Olives
- Mediterranean Organic Olives
- Gaea Kalamata Olives
- Earth Fare Organic Olives

DRIED AND CANNED FRUITS

- GoGo Squeeze Applesauce
- Unsweetened Raisins
- Trader Joe's Fruit Leathers
- Trader Joe's Fruit Flakes (Apple Raspberry, Apple Strawberry...similar to fruit leathers)
- Trader Joe's Fiberful Fruit Bars
- Trader Joe's Organic Fruit Wraps
- Buddy Fruits – Pure Blended Fruits
- Clif Kid Organic Twisted Fruit Rope
- Trader Joe's Dried Baby Sweet Pineapple
- Trader Joe's Freeze Dried Mango, Banana Slices, Blueberries or Strawberries
- Trader Joe's Vacuum Dried Pineapple or Banana Chips
- Costco – Brothers All Natural Crisp (dried fruit)
- Nothing But Banana Flattened
- Dried Apple Rings
- Native Forest Organic Mandarins
- Native Forest Papaya Chunks
- Native Forest Mango Chunks
- Native Forest Pineapple
- Made in Nature Dried Apricots
- Made in Nature Dried Apples
- Made in Nature Dried Mission Figs
- All Funky Monkey Freeze Dried Fruit Varieties
- Eden Organic Dried Cranberries
- Eden Organic Dried Blueberries
- Eden Organic Dried Cherries
- Organic Just Cherries
- Organic Just Mango
- Organic Just Blueberries
- Organic Just Strawberries
- Just Strawberries 'N Bananas
- Organic Just Apples
- Organic Just Peas
- Organic Just Veggies
- Trader Joe's Roasted Seaweed Snack