



# Snacks in First Grade



🥬 Please send your child with one daily snack for our morning break. Snacks are essential to rejuvenate students' energy and attention span. Please send healthy snacks and also **PEANUT AND NUT-FREE SNACKS**.

💧 Please send your student to school with a water bottle, so that they can easily keep hydrated throughout the day. Thanks for helping us keep our students healthy and safe! If you have any questions, do not hesitate to contact us at school.

★ The following foods are considered "safe" for the classroom as of August 2012. Manufacturers often change ingredients. Please read the food label at the time of purchase and do not bring food into the classroom if the ingredient list includes: peanut, peanut flour, peanut oil, peanut butter or any other nut. Tree nuts include almond, coconut, walnut, Brazil, hazelnut, macadamia, pecan, pine, and pistachio.

🥜 Foods are NOT safe for the classroom if the food label states the following:

- 1) May contain traces of peanuts or tree nuts.
- 2) Made on equipment used in manufacturing or processing peanuts or tree
- 3) Made in a facility that manufactures or processes peanuts or tree nuts.

## Safe Snack Ideas

(Peanut and Nut-free snack list)

### Any Fruits or Veggies

Cracker items: Nabisco Triscuits (all flavors), Wheat thins (all flavors), Wheat Thins Stix, Vegetables crackers, Chicken in a Biskit, Ritz (not Ritz bits or sandwiches), Town House, Club or toasted crackers, Cheez-Its, Cheese Nips, Better Cheddars, Saltines, Wheatables, Air Crisps, Munch-ems, Keebler Snack Stix, Goldfish, Graham Crackers, Animal Crackers Scooby-Doo Graham snacks, Goldfish, Austin brand cheese and cracker packs.

Chips and Pretzels: Sensible Portions brand veggie, apple, potato straws and vegetable chips, Sun Chips (all flavors), Traditional Chex mix (cheese and sour cream), Rold Gold pretzels, Meijer honey wheat pretzels, butter flavored and honey mustard flavored. Pretzel note: Snyder brand, some Meijer brand and Spartan brand contain peanut and nut warnings.

Cereals: Cheerios (plain and frosted), Chex (rice, corn, wheat, frosted), Frosted Flakes, Corn Flakes, Crispix, Kix, Lucky Charms, Frosted Mini Wheats (all flavors), Kashi (Go Lean Crunch, Cinnamon raisin, mostly all varieties), Life (not Vanilla Yogurt Crunch), Fruit Loops, Applejacks, Cocoa Puffs, Cinnamon Toast Crunch, Nutrigrain cereal bars and yogurt bars, Special K Bars (not honey nut variety).

Miscellaneous: Kellogg's fruit snacks (most brands of fruit snacks and fruit roll-ups), Beef Jerky, string cheese, Jell-O cups, Jell-O pudding cups, yogurts in cups or tubes, Pudding cups by Kozy shack.