

Healthy Snack List

We have no reported allergies to nuts or peanut butter, so feel free to bring these items. Mrs. A is allergic to tree nuts, but not almonds or peanuts, but she doesn't need to eat the snack... ☺

- Fresh Fruit or Dried Fruit
- Canned Fruit packed in water or juice (not syrup)
- Celery, Carrots, or other raw veggies and low-fat dip
- Whole-grain crackers with cheese cubes
- Low-fat pudding or yogurt
- String Cheese or cheese cubes/slices (avoid American cheese: highly-processed)
- Granola Bars (watch sugar or corn syrup is not 1st or 2)
- Raisins
- Popcorn
- Pretzels
- Applesauce
- Animal crackers
- Graham crackers
- Whole-grain crackers
- Sausage
- Trail Mixes
(whole-grain, low-sugar cereals, mixed with dried fruit, pretzels, etc.)
- Non-sugar cereals: Cheerios, Chex, etc

Unhealthy Snacks

Chips	Brownies
Cookies	Donuts
Fruit Snacks	Snack Cakes
Candy	Cupcakes
Chocolate	Ice Cream

Or Anything that has sugar or corn syrup listed as one of the 1st three ingredients.

Please refer to this list of suggestions to help guide you when selecting a class snack for your child's snack day. Special occasions, such as birthdays, always deserve a sweet treat.