

Snacks that are not safe for children with nut allergies have been noted. These foods may have a nut ingredient or they may have been processed in a facility that also handles nuts. If your child is in a nut-free classroom please double check all ingredients labels in case recipes or processing facilities have changed. Parents of children with other food allergies (wheat, eggs, soy, milk, seafood, etc.) may want to provide appropriate snack substitutes.

Healthy "Crunchy" Snacks	Nut Allergy Alerts
Pepperidge Farm Goldfish Crackers (parmesan, original, cheddar, pretzel)	
Pepperidge Farm Goldfish Graham Snacks (honey, cinnamon, golden)	
Stacy's Pita Chips (all Varieties)	
Chex Mix 1.75oz snack bag	nut/peanut ingredient
Keebler Wheatables (Reduced Fat)	
Keebler Graham Crackers (honey, cinnamon)	
Keebler Bite Size Snackin Grahams (cinnamon, chocolate)	
Keebler Cheese Dip 'n Sticks	
Kraft Handi-Snacks (breadsticks 'n cheese, Cheez 'n pretzels)	
Nabisco Triscuits Thin Crisps	
Nabisco Triscuits	
Nabisco Ritz Crackers (Reduced Fat, Whole Wheat)	
Nabisco Wheat Thins	
Nabisco Wheat Thins Toasted Chips (Multigrain, Veggie)	
Nabisco Honey Maid Graham Crackers	
Nabisco 100 calorie packs, Wheat Thin Minis	
Nabisco 100 calorie packs, Chips Ahoy Thin Crisps	
Nabisco 100 calorie packs, Kraft Cheese Nips Thin Crisps	
Nabisco 100 calorie packs, Ritz Snack Mix	
Nabisco 100 calorie packs, Honey Maid Thin Crisps	
Nabisco 100 calorie packs, Ritz Chips Minis	
Nabisco 100 calorie packs, Peanut Butter Cookie Crisps	nut/peanut ingredient
Nabisco Barnum's Animal Crackers	
Nabisco Honeymaid Graham Cinnamon Sticks	
Nabisco Mini Nilla Wafers	
Nabisco Teddy Grahams (Cinnamon, Honey)	
Stauffer's Animal Crackers	possible nut contamination in processing
Sunshine Cheez-It (Reduced Fat)	
Sunshine Hi Ho Crackers (Reduced Fat)	
Quaker Granola Bars (all varieties)	nut/peanut ingredient
Nature Valley Granola Bars (All varieties)	nut/peanut ingredient
Snyders pretzels (all varieties)	possible nut contamination in processing
DanDee pretzels (all varieties)	
Rold Gold pretzels (all varieties)	
Frito Lay Baked Doritos	
Frito Lay Baked Lays Potato Chips	

Healthy "Crunchy" Snacks	Nut Allergy Alerts
General Mills Kix cereal	
General Mills Chex cereal (Rice, Corn, and Wheat)	
General Mills Cheerios (all varieties except Apple Cinnamon)	nut/peanut ingredient in Honey Nut Cheerios only
Kelloggs Crispix cereal	
Post Whole Grain Alpha Bits	
Post Honey Combs	
J&J Snack Foods soft pretzel	
mini bagels	
rice cakes	check for possible nut contamination in processing
microwave popcorn light	check for possible nut contamination in processing
Hain Popped Corn Mini Cakes (all varieties)	
GenSoy Soy Crisps (all varieties)	possible nut contamination in processing

All fresh fruits and vegetables are healthy snacks. The following are some ideas that have been popular. If dips are served (ex. Ranch dip with veggies or caramel dip with apple) choose a low fat version if possible.

Fruits & Veggies

fruit kabobs or fruit salad	veggie plate with light dip
orange slices	veggie pita pockets with dressing or hummus
cantaloupe and honeydew slices	carrot sticks or baby carrots
watermelon slices	4oz. Cups of applesauce
apple slices w/light caramel dip	single serve fruit cups in juice or light syrup
strawberries	100% frozen fruit juice or whole fruit bars
pineapple chunks	dried fruit (raisins, apples, cranberries, mango)
bowl of grapes	soy beans (edamame)

Beverages served should be water, 100% fruit juice, or milk. Soft drinks should not be served.

Water is the best choice to serve to kids at snack times. It satisfies thirst without adding sugar or calories, plus it is inexpensive. If serving milk, choose skim or 1%. If serving juice, choose 100% juice products like orange juice or apple juice. Fruit juice can be rich in vitamins, minerals, and cancer-fighting compounds. However, it is high in calories. The American Academy of Pediatrics recommends that children ages 1-6 years old drink no more than 6 oz. of juice a day and children ages 7-18 years old drink no more than 12 oz. of juice a day.

Beverages

water (plain, carbonated, flavored with a little juice, etc...)
100% fruit juice
skim or low fat milk