

# Snacks in First Grade

Each student in First Grade will be responsible for bringing in a reusable water bottle to stay hydrated and one or two daily snacks from home to munch on in the mornings. These snacks are essential for students' energy and attention span. It is important that students not only bring healthy snacks, but also PEANUT FREE SNACKS.

The following foods are considered "safe" for the classroom as of August 2012. Manufacturers often change ingredients. You must read the food label at the time of purchase. Please do not bring food into the classroom if the ingredient lists any of the following: peanut, peanut flour, peanut oil, peanut butter, or tree nuts. 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:*

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

## Safe Snack Ideas

(Peanut and Nut free snack list)

### 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, Cheeze-Its, Cheeze-Its Party Mix, Cheese Nips, Better Cheddars, Saltines, Wheatables, Air Crisps, Munchems, Keebler Snack Stix, Goldfish, Graham Crackers, Animal Crackers (Barnum, Austin Zoo brands), Keebler Bug Bites, Scooby Doo Graham snacks, Goldfish, Austin brand cheese and cracker packs.

### Fruits and Vegetables:

Apples, oranges, bananas, grapes, berries, peaches, pears, nectarines, plums, melon, etc. Applesauce cups (all flavors) and assorted fruit cups: mandarin oranges, peaches, pears. Raisins, Craisins, carrots, celery, tomatoes, cucumber, green/red/yellow sweet pepper slices.

### Chips/pretzels:

Sensible Portions brand veggie, apple, potato straws and vegetable chips, Bugles, Cheetos, Fritos (all flavors), Doritos, Combos, Pringles, Sun Chips (all flavors), Tostitos, Lays Potato chips (all flavors), Ruffles Potato Chips, 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. Mini-muffins (except banana nut).

### Cereals:

Cheerios (plain and frosted), Chex (rice, corn, wheat, frosted), Frosted flakes, Corn flakes, Crispix, Kix, Frosted Mini Wheats (all flavors), Kashi (Go Lean Crunch, Cinnamon Raisin, mostly all varieties), Life (not Vanilla Yogurt 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, Kellogg's pop tarts, yogurts in cups or tubes, Pudding cups by Kozy shack.

*\*Ideas provided by Jennifer Ford, MA, RD, CSO, Registered Dietitian*

Thanks for helping to keep our students healthy and safe! If you have any questions, please contact us at school.

First Grade Team, Georgetown Elementary School