

Approved Snack List for Grades K-4

Food allergies affect 6% to 8% of school aged children in the United States. Allergic reactions can be life threatening, and in some cases even deadly

NASD has many students that cope with severe food allergies on a daily basis. We want to be proactive in ensuring the safety and well-being of our students that have food allergies. Therefore included below is an approved snack list that has been approved as... peanut, tree nut, dairy and egg free
[K] – certified kosher [O] – certified organic [NG] – certified non-GMO [GF] – certified gluten-free

COOKIES

- Barnum Animal Cookies
- **Cybele's Free-to-Eat Cookies [K,GF,NG]**
– Chocolate Chip, Chocolate Chunk Brownie,
- Dr. Lucy's Snack 'N Go packs
- **Enjoy Life Crunchy Cookies [K,GF,NG] –**
Chocolate Chip, Double Chocolate, Sugar Crisp, Vanilla Honey Graham
- **Enjoy Life Mini Cookies [K,GF,NG] –**
Crunchy Chocolate Chip, Crunchy Double Chocolate, Crunchy Sugar Crisp, Crunchy Vanilla Honey Graham, Soft Baked Chocolate Chip
- **Enjoy Life Soft Baked Cookies [K,GF,NG] –** Chocolate Chip, Double Chocolate Brownie
- Kinni Kritters Animal Cookies
- **Oreos** - Original Only
- **Red Plate Foods Cookies –** Chocolate Chip, Double Chocolate

CRACKERS

- Crunchmaster Multi-Grain Crackers
- Nabisco Triscuits
- Nabisco Vegetable Thins
- Nabisco Wheat Thins
- Ritz Crackers
- Saltines
- Scooby-Doo Baked Graham Crackers
- Teddy Grahams

FRUIT/DRY FRUIT

- Annie's Orchard Fruit Bites
- Apples
- Bananas
- Betty Crocker Fruit by the Foot
- Blueberries
- Brother's All Natural Freeze Dried Apples & Pears
- Carrots
- Go Go SqueeZ Products (only fruit)
- Grapes
- Mott's Fruit Snacks
- Natures Promise Dried Cranberries
- Oranges/Tangerines
- Peaches
- Pears
- Pineapple
- Plums
- Sun Maid Raisins
- Wegman's Brand Applesauce

POPCORN/PRETZEL/OTHER

- Annie's Pretzels
- Cheerios
- Keebler Snack Stix
- Kellogg's Pop Tart (Blueberry & Strawberry, NO FROSTING)
- **MadeGood Crispy Squares [K, OR, GF,**

NG] – Chocolate Chip, Vanilla

- Rold Gold pretzels
- **SkinnyPop Popcorn [K, GF, NG] –**
Original
- **The Greater Knead Bagel Chips [K] –**
Plain (Hint of Salt)

VEGETABLES

- Bell Peppers (green, yellow, red, orange)
- Carrots
- Celery
- Celery
- Cucumbers
- Sugar Snapped Peas

As always please read every label to verify that nothing has changed on this guideline. Also all items must have an ingredient label in order to be given out to the students!

PARTIES ONLY

CANDY

- Annies Fruit Gummy Snacks
- Dots
- Dr. Lucy's Snack 'N Go packs
- Dum Dum lollipops
- Fruit rollups
- Life Saver Gummies/Roll Candy
- Mike and Ikes
- Nerds
- Original Swedish Fish
- Pez Candies
- Ring Pops
- Skittle
- Smarties
- Starburst
- Sweetarts
- Tic Tacs

DIPS, DRESSINGS & SALSA

- **Wise Salsa [K]** – Mild

ICE POPS & ICES

- **Froozer [K,GF,NG]** – Blue Aloha (Blueberry), Strawbanana Bliss (Strawberry, Banana),
- **PhillySwirl Swirl Cups w/Candy Spoons [K]**

This snack list is periodically updated. If parents would like to share a safe-snack item not on the list, please contact the nurse.