

Second Grade Snack



Studies have proven that when chosen properly, snacks can provide children with an extra boost to their mental skills. For this reason, your child will have a daily snack time in the morning in which he/she will be able to eat a **HEALTHY, PEANUT FREE** snack. I encourage you to send a small snack with your child each day. We eat lunch at 12:25, which makes for a long morning! Healthy snacks with minimal cleanup are best. **Please refer to the PEANUT FREE/TREE NUT FREE snack list. If your child brings in an unhealthy snack (i.e. cookies, chips, etc.) or a snack containing nuts, he/she will not be allowed to eat it.

Students are also allowed to keep water bottles on their desks throughout the day in order to minimize trips to the drinking fountain. Please make sure that your child's bottle has a **SPILL PROOF CAP** (this helps alleviate any soggy papers☺).

Thank you for your assistance. Please let me know if you have any questions.

Jenna Sands

Peanut Free and Tree Nut Free Snack List

Please avoid snacks that contain peanuts, peanut flour, peanut oil, peanut butter or other nuts and seeds. This includes snacks with sesame seeds/oil, almonds, coconuts, filberts, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, and walnuts.

Please note: Food labels/Ingredients may change over time so it is always recommended that you read the label before purchasing snacks. Please read labels carefully to make sure the products are nut and seed free. This includes labels that read "May contain traces of peanuts/nuts."

Quick check brands: Kellogg's, Keebler, General Mills, Betty Crocker, and Quaker Oats brands are excellent at calling out allergies in a box:

Example: Contains peanut and egg ingredients.

Thank you for your consideration and support in keeping the food-allergic child(ren) safe from having a life-threatening allergic reaction at school.

Healthy Snacks:

Fruits/Vegetables

- Any fresh fruit (apples, oranges, bananas, grapes, pears, plums, clementines, strawberries, melons, berries, etc.)
- Applesauce cups
- Raisins, Craisins, and other dried fruits
- Fruit cups (peaches, pears, oranges, pineapple, fruit cocktail, fruit blends, etc.)
- Fresh vegetables (carrots, celery sticks, grape tomatoes, cucumber slices, broccoli, pepper strips, etc.)
- Vegetable dips

Cheese/Dairy

- Yogurt in individual cups or tubes
- Cheese slices or cubes
- Pudding cups, cans or tubes
- String cheese or other cheeses
- Drinkable yogurts or smoothies
- Cottage cheese
- Kraft Handi-Snacks with cheese
- Yogos

Healthy Snacks cont

Crackers/Snack Items

- Crackers
 - Triscuits, Wheat Thins, Vegetable Thins (all flavors)
 - RITZ Crackers or Sticks (NOT Ritz Bits or Sandwiches)
 - Town House, Club, Toasteds crackers
 - Cheez-Its, Cheese Nips, Better Cheadders
 - Saltines, Oyster Crackers
 - Wheatables, Air Crisps, Munch'ems, Keebler Snack Stix
 - Kashi Tasty Little Crackers (TLC)
 - Breton/Dare brand crackers
 - Goldfish crackers
- Graham crackers, Graham cracker sticks
- Teddy Grahams
- Bug Bites crackers
- Goldfish graham snacks
- Gripz cheese crackers
- Animal crackers (Austin Zoo, Barnum)
- Vanilla wafers
- Cereals
 - Cheerios (NOT Honey Nut or Frosted)
 - Chex (Rice, Corn, Wheat)
 - Cinnamon Toast Crunch
 - Corn Flakes
 - Crispix
 - Frosted Mini-Wheats
 - Kashi (Go Lean Crunch, Good Friends, Cinnamon Raisin Crunch, Heart to Heart) cereals
 - Kix
 - Life (NOT Vanilla Yogurt Crunch)
 - Wheaties
 - other unsweetened cereals without nuts
- Small bagels (Lenders or Thomas brand) with cream cheese (no nut type)
- Popcorn
- Pretzels (most all brands)
- Nutri-grain cereal bars/yogurt bars (most other brands of granola bars contain peanuts/nuts)
- Special K Bars (NOT Honey Nut)
- Special K Snack Bites
- Fig Newtons (all flavors)
- Rice Cakes (NOT Quaker brand, not nut free)
- Cheeze-It Party Mix