

Snack Recommendations for Holiday/Birthday/Other Celebrations at School #3

In order to follow the state regulations on acceptable nutritional treats, listed below are some suggestions that connect to the New Jersey School Nutrition Policy.

Non Food Items: Stickers, Erasers, Pencils, etc.

Food Items: (Please purchase in individually portioned packages)

Fresh fruit: apples, bananas, watermelon, etc.	Fresh vegetables: carrots, celery sticks, cucumbers, etc., and dressing to dip	Popsicles made from real fruit or real fruit juice
Animal Crackers	Applesauce (spoons)	Rice Krispie Treats
Popcorn	Fruit Cups (Spoons) in water or juice, not syrup	Frozen fruit juice pops (made from fruit juice only)
Handi Snacks Pretzels 'n Cheese	Jello Cups (Spoons)	String Cheese
Fruit Snacks	Teddy Grahams	Cereal Bars
Wheat Thins	Goldfish Crackers	Most Pretzels (avoid sesame ingredients)
Nabisco 100 Calorie snack packs	Graham Crackers	Raisins
Freeze Dried Fruit Packs	Ritz Crackers	Keebler Cheese and Cheddar Sandwich Crackers
Guacamole	Multigrain Sun Chips (original)	Yogurt (spoons)
Handi Snacks Crackers 'n Cheese	Vegetable Chips	Craisins

The most common food allergens in children are eggs, milk, peanuts, and nuts. It is recommended that you avoid any treats with nuts or peanuts. Please bring in the original box the snacks came in so the nurse can read the label if necessary.

Please keep in mind for safety and privacy of other students, flowers, balloons, pictures and videos are not allowed. Parents should drop off the snack and teachers will distribute. Goodies should be brought in when the child enters the building in the morning.

Parents or staff members who wish to supply food/beverages for any event or occasion must contact the classroom teacher to arrange the date/time of the event/celebration.

For more ideas of safe snacking, please go to: <http://www.snacksafely.com>