

HEALTHY SNACK LIST

**(Please remember that we are a peanut-free nursery school)
-read all labels for peanut/nut products-**

Choose from the following suggested items to bring for snack:

Muffins

Fruit

Cheese

Crackers

Dry cereal

Mini-bagels/cream cheese

Pudding

Applesauce

Vanilla wafers

Goldfish

Popcorn (4 & 5 year olds only)

Jello/Jigglers

Teddy Grahams

Yogurt

Veggies/dip (carrots for 4 & 5 year olds only)

Any other foods that can be considered reasonably nutritious.

Exceptions are made for birthdays or other special occasions.

Note: NAEYC Standards (#5.B.14) prohibit the following snacks for children under 4:

hot dogs (whole or sliced)

nuts

raw peas

raw carrots

whole grapes

popcorn

pretzels

Please avoid all Snyder brand products (contain peanut oil)