

## ELEMENTARY SCHOOL SAFE NUT-FREE SNACK LIST

"Food impacts how well a child's brain works, affecting their moods and abilities ... In a child's brain junk food can cause neurotransmitters, which pass along information, to function improperly. Smart foods, however, allow information to be processed correctly and help the child function at their optimal level." – Dr. Sears, one of America's most renowned pediatricians and author of over 40 books

### LET'S HELP OUR CHILDREN DO THEIR BEST AT SCHOOL BY SENDING IN **SMART "REAL FOOD" SNACKS**

#### REAL FOOD IS...

- 100% whole grain
- Made with no (or very little) refined sweeteners like white sugar or corn syrup
- Fresh fruits and vegetables (preferably organic), dairy products, seeds, dried fruit, humanely raised animal products
- More a product of nature than a product of industry

#### REAL FOOD IS **NOT**...

- "Low fat" or "low carb" or "low calorie" products (in most cases)
- Made with artificial sweeteners like Splenda
- Deep fried in refined oil
- 100-calorie packs made with refined grains like white flour (labeled as "wheat flour")
- Something out of a package containing ingredients you cannot pronounce
- Highly processed food that is labeled as organic

#### **FRESH FRUITS & VEGETABLES** (Organic Recommended)

- |                                  |   |
|----------------------------------|---|
| • Apple                          | • Cherries  |
| • Banana                         | • Edamame   |
| • Carrots                        | • Sugar Snap Peas                                     |
| • Celery                         | • Green Beans   |
| • Mango                          | • Sweet Potato (with cinnamon)                        |
| • Pear                           | • Sliced Bell Peppers                                 |
| • Grapes                         | • Trader Joe's Ready to Eat Beets                     |
| • Strawberries                   | • Cucumber  |
| • Blueberries                    | • Jicama  |
| • Raspberries                    | • Pomegranate   |
| • Oranges                        | • Cherry Tomatoes                                     |
| • Peaches                        | • Snow Peas   |
| • Plums                          | • Cauliflower   |
| • Grapefruit                     | • Broccoli  |
| • Avocado                        | • Lentils – Tasty Bite Heat and Eat Lentils           |
| • Pineapple                      | • Trader Joe's Steamed Lentils (Refrigerated Section) |
| • Papaya                         | • Garbanzo Beans                                      |
| • Star Fruit                     | • Wedge of Cabbage                                    |
| • Figs                           |   |
| • Honeydew Melon                 |   |
| • Cantaloupe                     |   |
| • Watermelon                     |   |
| • Black Beans, Pinto Beans, etc. |   |
| • Lima Beans                     |   |

Some of these veggies would be great dipped into Cedar's Organic Hummus or Sabra Hummus Dip (not roasted pine nut flavor)

## SMART “REAL FOOD” SNACKS continued...

### 100% WHOLE-GRAIN SNACKS

- Triscuits
- Popcorn
- Oatmeal (served warm in thermos)
- Shredded Wheat (Post or Earth Fare brand)
- Arrowhead Mills Puffed Whole Grain Cereal (Corn, Wheat or Millet)
- Crunchmaster Multi-Seed Crackers
- Trader Joe’s Woven Wheat Wafers
- Streit’s Whole-Wheat Matzo Crackers
- Doctor Kracker Seeded Spelt Crackers
- Edward & Sons Brown Rice Snaps
- Koyo Brand Organic Brown Rice Chips
- Finn Crisp Thin Rye Crispbread
- Lundberg Brown Rice or Wild Rice Cakes
- Koyo Brown Rice Cakes
- Real Foods Corn Thins
- Wasa Rye Crispbread Varieties
- Ryvita Rye Varieties
- Kashi Heart to Heart Whole Grain Crackers (Original and Roasted Garlic)
- Kashi 7 Grain Frozen Waffles
- Whole-Wheat or Brown Rice Pasta (macaroni noodles, penne, etc. can be served warm with butter in thermos or served cold as a pasta salad)
- HT Naturals Organic Brown Rice (good with bits of avocado and soy sauce)
- HT Naturals Whole Wheat Couscous (good mixed with a Greek yogurt sauce called Tzatziki)

### OTHER “REAL FOOD” SNACKS

- Cheese
- Plain yogurt sweetened with a little honey
- Raw Sesame Seeds
- Raw Pumpkin Seeds
- Hard-Boiled Eggs
- GoRaw Live “Granola Bar”
- GoRaw Live “Pumpkin Bar”
- Bella Famiglia Olives
- Organic Divina Olives
- Mediterranean Organic Olives
- Gaea Kalamata Olives
- Earth Fare Organic Olives

### DRIED AND CANNED FRUITS

- GoGo Squeeze Applesauce
- Unsweetened Raisins
- Trader Joe’s Fruit Leathers
- Trader Joe’s Fruit Flakes (Apple Raspberry, Apple Strawberry...similar to fruit leathers)
- Trader Joe’s Fiberful Fruit Bars
- Trader Joe’s Organic Fruit Wraps
- Buddy Fruits – Pure Blended Fruits
- Clif Kid Organic Twisted Fruit Rope
- Trader Joe’s Dried Baby Sweet Pineapple
- Trader Joe’s Freeze Dried Mango, Banana Slices, Blueberries or Strawberries
- Trader Joe’s Vacuum Dried Pineapple or Banana Chips
- Costco – Brothers All Natural Crisp (dried fruit)
- Nothing But Banana Flattened
- Dried Apple Rings
- Native Forest Organic Mandarins
- Native Forest Papaya Chunks
- Native Forest Mango Chunks
- Native Forest Pineapple
- Made in Nature Dried Apricots
- Made in Nature Dried Apples
- Made in Nature Dried Mission Figs
- All Funky Monkey Freeze Dried Fruit Varieties
- Eden Organic Dried Cranberries
- Eden Organic Dried Blueberries
- Eden Organic Dried Cherries
- Organic Just Cherries
- Organic Just Mango
- Organic Just Blueberries
- Organic Just Strawberries
- Just Strawberries ‘N Bananas
- Organic Just Apples
- Organic Just Peas
- Organic Just Veggies
- Trader Joe’s Roasted Seaweed Snack