

NUT-FREE SNACK LIST

FROM "HEALTHY CHILD AND EARTH" ELEMENTARY SCHOOL COMMITTEE

FRESH FRUITS & VEGETABLES

- Apple
 - Banana
 - Carrots
 - Celery
 - Mango
 - Pear
 - Grapes
 - Strawberries
 - Blueberries
 - Raspberries
 - Oranges
 - Peaches
 - Plums
 - Grapefruit
 - Avocado (& soy sauce)
 - Star Fruit
 - Pineapple
 - Papaya
 - Figs
 - Honeydew Melon
 - Cantaloupe
 - Watermelon
 - Black Beans
 - Cherries
 - Edamame
 - Sugar Snap Peas
 - Green Beans
 - Sweet Potato (with cinnamon)
 - Sliced Bell Peppers
 - Trader Joe's Ready to Eat Beets
 - Pomegranate
 - Cucumber
 - Cherry Tomatoes
 - Snow Peas
 - Cauliflower
 - Broccoli
 - Lentils – Tasty Bite Heat and Eat Lentils
 - Trader Joe's Steamed Lentils (Refrigerated Section)
 - Garbanzo Beans
 - Wedge of Cabbage
- Some of these veggies would be great with Cedar's Organic Hummus or Sabra Hummus Dip (not roasted pine nut flavor)

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 Cripsbread 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)

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, Apples, or Figs
- All Funky Monkey Freeze Dried Fruit Varieties
- Eden Organic Dried Cranberries, Blueberries, or Cherries
- Organic Just Cherries, Mango, Blueberries, or Strawberries
- Just Strawberries 'N Bananas
- Organic Just Apples, Peas, or Veggies
- Trader Joe's Roasted Seaweed Snack