

Indian Hill School's Safe Snack Guide

Keep this list in mind for Birthday and holiday treats

The following "safe snacks" are peanut and tree nut free. They also do not contain any warnings regarding possible cross contamination.

- Please read food labels EVERY TIME – manufacturing process can and do change frequently. Also, some products are made in multiple facilities that use different manufacturing processes.
- AVOID any products containing the ingredients: peanut, peanut flour, peanut oil, peanut butter, nut butter, nut flour, nut oil, almonds, cashews, brazil nuts, pecans, pistachios, hazelnuts, pine nuts, macadamia nuts, pesto AND any products containing the following warnings: "May contain trace amounts of peanuts/tree nuts" or "Processed in a facility that also processes nuts/peanuts."

Thank you for your support and cooperation in keeping all our children safe from experiencing a life-threatening reaction in school!

FRESH FOODS

Apples/Apple Slices
Grapes
Pears
Peaches
Oranges
Strawberries

Bananas
Carrot/Celery sticks
Broccoli

Cauliflower
Cherry Tomatoes

CHIPS AND CRACKERS

Barnum Animal Crackers
Divvies Popcorn
Pirate's Booty Chips
Kraft Honey Maid Graham Cracker
Nabisco Pringles
Kellogg's Scooby Doo Graham
Cracker Sticks
Keebler Rold Gold Pretzels
Oreos
Teddy Graham Crackers, Nabisco
(Honey or Cinnamon)

(Other) HEALTHY SNACKS

Enjoy Life Not Nuts Seed and Fruit Mixes

GoGo SqueeZ Fruit & VeggieZ Squeezable pouches

Enjoy Life Granola

Gerb's Pumpkin Seeds

Applesauce

Nonuttin' Granola

Jello Gelatin Snack Packs

Garden Veggie Straws

BEVERAGES

So Delicious Dairy Free Drinks

Fruit Juices

Bottled Water

Here are also some ideas for nonfood rewards or treats:

Low Cost Non-Food Treats/Rewards

- Glow sticks, glow bracelets, necklaces
- Friendship bracelets
- Pencils, pens, crayons or markers
- Erasers or pencil toppers
- Finger puppets or novelty toys
- Mini notepads
- Activity or coloring books
- Bookmarks or books
- Stickers