

# SAFE SNACK IDEAS

***Food must be store bought in specific brand names and come in original packing (not homemade)***

- **Fruits & vegetables:** pre-packaged apples slices, bananas, applesauce, carrots (not for 2's), celery, raisins, strawberries, blueberries
- **Dairy/cheese:** string or cubed cheese, yogurt (must have less 23 grams of sugar per 6 ounces)
- **Crackers (100% whole grain):** Ritz, Pepperidge Farm Goldfish, Wheat thins, Sunshine Cheez-its or Nabisco Nips, Nabisco Air Crisps, Townhouse, Nabisco or Keebler graham crackers, Kraft Handi-snacks: pretzels with cheese & breadsticks with cheese, Barnum animal crackers
- **Cereal:** Cereal must be whole grain, enriched or fortified and have less than 6 grams of sugar per ounce. General Mills wheat, rice, or corn chex, Plain Cheerios, Kix (no granola or cereal bars)
- **Pretzels:** Rold Gold or Kitchen cooked pretzels
- **\*Birthday snacks:** regular Oreos, original or mini-Chips Ahoy, Keebler mini fudge stripes, Keebler vanilla wafers, Nabisco 100 calorie packs: Oreo thin crisps, shortbread crisps, chips ahoy thin crisps

**\*If you bring a birthday snack, we ask that you please bring an additional snack to supplement it with such as string cheese or a fruit/vegetable.**

**PLEASE ALWAYS CHECK LABELS AS INGREDIENTS CAN CHANGE**

***Items may NOT contain nuts or be made in a facility that uses shared equipment.***

