

# NPNS Approved Snack List

Please provide daily snacks from two different food groups.  
All packaged food must be labeled – “Processed in a nut free facility”

## **Suggested Fruits**

- Grapes – cut in half
- Apples and pears – sliced and sprinkled with OJ to prevent browning
- Oranges, tangerines or clementines – peeled is easiest
- Bananas, mini bananas – children can peel
- Melon slices
- Berries (any kind)
- Pineapple chunks
- Individual Fruit Cups
- Dried fruit
- Raisins

## **Suggested Vegetables**

- Mini carrots
- Cucumbers
- Celery sticks
- Snap peas
- Peppers
- Baby tomatoes (cut in half)
- Broccoli, cauliflower

## **Approved Starches (Approved brands are produced in nut free facility)**

- Plain Rice Cakes – **Quaker & Lundberg brand approved** (small size preferred) – GF, 0TF
- Veggie Chips – **Good Health brand approved** – GF, 0TF
- Naked Pita Chips – **Stacy’s brand approved** – 0TF
- Saltines – **Nabisco & ShopRite brand approved** – 0TF
- Ritz Crackers – 0TF
- Pop Chips – GF, 0TF
- Pirate’s Booty – GF, 0TF
- Harvest Snaps – GF,

GF= Gluten Free, 0TF= Zero Trans Fat

## **Dairy / Spreads**

- Cheese - sticks, rounds, slices, cubes or shapes
- Cream cheese (for bagels, rice cakes or dipping vegetables (can be colored for special occasions)
- Yogurt – Spoonable or Drinkable (**No Squeezable**) – Greek or Low-sugar preferred
- Hummus – **Tribe brand only**
- SoyNut Butter – **I.M. Healthy brand only**

***Snack on your child’s birthday, you may ONLY send in Eddy’s all-natural fruit popsicles.***