

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 for 2's classes only
- 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)

GF= Gluten Free, 0TF= Zero Trans Fat

- 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
- Annie's Homegrown Cheddar Bunnies – 0TF
- Back to Nature Classic Round Crackers – 0TF
- Back to Nature Harvest Whole Wheat Crackers – 0TF
- Back to Nature Crispy Wheat Crackers – 0TF
- Harvest Snaps – GF, 0TF

Dairy / Spreads

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

Please use extreme measures when preparing food at home. All surfaces and utensils used should be clean and free of any possible trace of peanuts and tree nuts. To ensure safety in food preparation, you are encouraged to use the NPNS kitchen to prepare snacks.