



SAFE and HEALTHY SNACK SUGGESTIONS

Hills and Falls is a nut free school. Please help keep all of our children healthy by providing nut free and nutritious snacks when parent helping AND in your child's lunchbox.

THANK YOU.

Please read *all* labels before bringing it in to the school including crackers, breads, bakery items, snack bars, any candy etc. Please avoid any food item that contains or has been processed in the same plant as the following: *almonds, brazil nuts, caponata, cashews, chestnuts, filberts/hazelnuts, gianduja (a creamy mixture of chocolate and chopped nuts found in premium chocolates), hickory nuts, macadamia nuts, marzipan/almond paste, nougat, Nu-Nuts artificial nuts, nut butters, nut meal, nut oil, nut paste (i.e. almond paste), nut pieces, pecans/mashuga nuts, peanuts, pesto, pistachios, walnuts, beer nuts, any type of peanut oil, ground nuts, mixed nuts, natural extracts, and artificial flavorings.*

Anything with a pit is a tree nut including cherries, plums, peaches, avocados etc. Although all fruit is allowed in school please be aware of children with tree nut allergies when serving these fruits.

The following foods are great for lunches and snacks:

General

- All fruit
- Raw veggies
- Applesauce
- Raisins
- Jell-O

Breads

- Bagels (plain, cinnamon raisin, blueberry)
- English Muffins
- Mini muffins
- Raisin Bread
- Pita bread

Jelly, jam or honey may only be used if has always been isolated from peanut butter (No knife with peanut butter on it may have been dipped into the jar at ANY point)

Crackers

- Goldfish
- Cheese and crackers

Please avoid "multi-grain" crackers, "sandwich" crackers (particularly cheese and peanut butter) and "bits" of any kind.

Munchies

- Pretzels (No Snyder's brand)



- Tortilla chips (*No Whole Foods brand*)
- Veggie Sticks
- Popcorn
- Rice Cakes (plain, apple cinnamon)

Please avoid flavored items such as cheddar, sour cream, barbeque, and French Onion

Cookies

- Animal Crackers (*check label very carefully*)
- Fig Newtons
- Graham crackers
- Vanilla Wafers

Please avoid items with sesame, peanut, walnut, or almond oil.

Birthday Treats

- Non-dairy popsicles
- Cakes/cupcakes
- Frosting
- Decorations (nonpareils, stars, sprinkles)

Please avoid M&Ms, Hershey's candy coated chocolate sprinkles, Nestle or Duncan Hines sprinkles.

TO MINIMIZE NUT AND GERM EXPOSURE, PLEASE WASH HANDS OFTEN AND ESPECIALLY AFTER EATING OR COOKING WITH NUT PRODUCTS OR AFTER SNEEZING!