

BCSD NUT AWARE SNACK AND CELEBRATION LIST

The Bettendorf Community School District nurses, Director of Nutrition Services and administrators have developed a list of safe snacks for students. The list has been developed to ensure all students are safe at school. We have considered feedback from parents and are providing a revised list for daily snacks and for celebrations. Thank you for supporting our district as we strive to provide a safe environment for all students.

Please limit one snack per student. This list is effective between the hours of 8:00 a.m. - 3:30 p.m.

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

Items received that are past the printed expiration date will not be accepted.

CELEBRATION FOODS

MUST BE store bought, brand name specific, and come in original packaging.

DAILY SNACKS

Each student is to bring their own individual snack from the SAFE SNACK LIST.

Please remind your student to NEVER share their snack as this could be a life threatening event for some students.

The safest method of providing a safe snack is in a prepackaged individual serving.

In the event that an item is bought in bulk (e.g., fruits, vegetables, and cheese) **and it is for your individual student only:**

1. Make sure the item is on the approved snack list.
2. Prior to placing items in plastic baggies, take time to wash your hands, counter space, and any serving utensils with antibacterial soap and water.

* If it is **medically necessary** for your child to have a food alternative not listed on the BCSD Healthy/Safe or Safe Celebration list, you must contact your physician and provide a Dietary Modification Request form available on the BCSD website. The medical reason for the necessary accommodation must be listed as well as well as a NUT FREE alternative. A physician signature is required.

Every effort was made to ensure the items on this list could be found at local stores.

*BCSD does not consider all items on this list to be healthy.

*BCSD does not promote any brand names or stores.

*The law requires packaging to list any of the eight major allergens but does not require packaging to state if the product was manufactured in a facility that also processes nuts.

DAILY SNACKS

ONLY the following Healthy Safe Snacks will be allowed in the classroom for daily snacks.

1. **PICK OR PEEL:** Any fresh fruit or vegetable. (feel free to add hummus or low fat ranch dressing or low fat yogurt)
2. **CRACKERS/PRETZELS/POPCORN:** Nabisco: Grahams, Honey Grahams, Teddy Grahams, Goldfish and Whole Wheat Goldfish, Triscuits, Triscuit Thin Crisps, Wheat Thins, Kraft Handi-Snacks, Mister Salty Pretzels with Cheese and Breadsticks with Cheese, Rold Gold Pretzels, Pepperidge Farms Goldfish Crackers and Pretzels, Skinny Pop Popcorn-all varieties, Utz Hard Pretzels, Quaker Rice Snacks, Nabisco Saltines. Pirate Booty Puffs, Boom Chicka Pop plain and cheddar, Skinny Pop popcorn.
3. **CEREALS:** Cheerios plain and apple cinnamon, Chex, Golden Grahams, Kix, Lucky Charms, Trix, CoCoa Puffs, Fruit loops, Cinnamon Toast Crunch, Frosted Flakes, Quaker Oatmeal Squares, Apple Jacks.
4. **CEREAL BARS:** Nutri Grain Bars (Strawberry, Blueberry and Apple), Kellogg's Rice Crispy Treats (plain), Enjoy Life Baked Chewy Bars.
5. **DAIRY & CHEESE:** Low fat String or cubed cheese, cheese sticks, cubes or slices. Yogurt or Go-gurt, Pudding Cups (Fat free preferred). Danimals low fat yogurt smoothies, Cottage cheese (low fat).
6. **OTHER FRUITS:** Applesauce cups, Fruit Squeeze packs, dried fruit (low sugar), raisins, dried cranberries, fruit cups. Welch's and Annie's brand fruit snacks made with real fruit. Fruit by the Foot.
7. **BEEF AND TURKEY** sticks
8. **BUTTERS:** Wow Butter and Sunbutter in the individual servings cups.
9. **OTHER:** Hard boiled egg, pickles.
10. **VEGETABLE SNACKS:** Sensible Portions Veggie Straws.

**PLEASE CHECK ALL LABELS BEFORE PURCHASE AS
INGREDIENTS CAN CHANGE**

CELEBRATIONS

The celebration food items listed will be accepted for birthdays, holiday parties and at the teacher's discretion.

Celebrations may include any of the items under the Healthy/Safe Snack list as well as the following:

1. **BAKED GOODS:** Barnum animal crackers, Enjoy Life Brand, Nutphree's cupcakes or cookies (Labeled Nut Free), Sweet P's brand frosted cookies (Labeled Nut Free), Lofthouse cookies (Labeled Nut free), Treasure Mills School Safe Products, The Bakery Brand mini cupcakes (found at Walmart and labeled Nut free), or the Bakery Brand frosted sugar cookies (Walmart and Labeled Nut Free), Nabisco Fig Newtons and Teddy Grahams, Lorna Doone Shortbread cookies, Oreos: regular or golden, Chips Ahoy: Original or mini, Keebler Fudge Stripe cookies, Pepperidge Farm gingerbread cookies, Keebler or Nabisco Nilla Wafers, Nabisco 100-calorie packs including: Oreo Thin Crisps, Shortbread Cookie Crisps, Chips Ahoy! Thin Crisps and Pop Tart Mini Crisps.
2. **CANDY:** (One item per student per day): Charms Blow Pops, Dots, Gum, Lifesavers, Laffy Taffy, Nerds, Mike & Ike's, Jolly Ranchers, Dum Dum Pops, Haribo gummies, Hershey's Milk Chocolate Kisses (plain milk chocolate), Hershey's 1.5 ounce plain chocolate bars, Hershey's or Enjoy Life chocolate chips, Junior Mints, Kraft Caramels, Kraft, Campfire and Shop Rite marshmallows, Laffy Taffy, Parade Cotton Candy Ring Pops, Tootsie Roll Brand, Twizzlers, Sixlets, Skittles, Smarties, Starburst Fruit Chews, Starburst GummiBursts, Sweet Tarts, Spangler Safe-T-Pops, Swedish Fish, Tic Tacs, Starlight Peppermints.
3. **SEASONAL:** Tootsie Caramel Apple Suckers, Sunrise candy corn, Starburst Jelly Beans, Spangler Candy Canes and mints, Bob's Candy Canes, TruJoy Candy Canes, Spangler Candy Canes, Oreos: Candy Cane Flavor, Peeps, Spangler Swirl Saf-T-Pops, Nestle & Necco conversation hearts, Betty Crocker Frosting: all flavors **EXCEPT** Coconut Pecan
4. **CEREAL BARS:** Kellogg's plain Rice Krispy Treats, Enjoy Life Baked Chewy Bars -Sunseed Crunch (Health Market at Hy-Vee), Kellogg's Nutri-Grain bars: apple, blueberry, strawberry. Cascadian Farms chocolate chip or vanilla chip granola bars, ALDI: liveGfree Baked Chewy Bars (very berry, caramel apple).
5. **CHIPS:** Cape Cod Baked Chips, Lays Baked Chips, Ruffles Baked Chips, Pringles 100 Calorie pack. Sensible Portions Veggie Straws.
6. **CRACKERS/PRETZELS/POPCORN:** Nabisco: Grahams, Honey Grahams and Teddy Grahams, Goldfish and Whole Wheat Goldfish, Triscuits, Triscuit Thin crisps, Wheat Thins, Kraft Handi-Snacks: Mister Salty Pretzels with Cheese and Breadsticks with Cheese, Rold Gold Pretzels, Pepperidge Farms Goldfish Pretzels (regular and individual pouches), Skinny Pop Popcorn- all varieties, Utz Hard Pretzels (Sam's Club), Quaker Rice Snacks.
7. **FROZEN SNACKS:** Popsicles (any brand, PLEASE check labels), Dole, Eddy's & Breyers Fruit Bars, Healthy Choice or Yoplait Greek Frozen Yogurt, Minute Maid: Juice Bars, Frozen Orangeade and Frozen Limeade Cups, Luigi's or Marino's Italian Ice Cups, Sherbet cups, Breyers: Vanilla and Extra Creamy Vanilla.
8. **DRINKS:** Water, Pediasure.

REMINDER:

PLEASE CHECK ALL LABELS BEFORE PURCHASE AS INGREDIENTS CAN CHANGE