

## BCSD NUT AWARE DAILY 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 to 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

To minimize exposure to students and staff, **there will be no food/snacks to share, including birthday treats.** There will also be no outside items (such as balloons, flowers, etc.) accepted into school buildings.

### 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.

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

## DAILY SNACKS

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

<p><b>PICK OR PEEL</b></p> <p><i>Any fresh fruit or vegetable (Feel free to add hummus or low fat ranch dressing or low fat yogurt)</i></p>	<p><b>APPLESAUCE &amp; OTHER FRUITS</b></p> <p><i>Applesauce cups, Fruit Squeeze packs, dried fruit (low sugar), raisins, Craisins/dried cranberries, fruit cups, Jello cups</i></p>	<p><b>FRUIT SNACKS</b></p> <p><i>Welch's, Annie's, Mott's, or Yum Earth brand fruit snacks made with real fruit. General Mills Fruit by the Foot /Fruit Roll Up cups</i></p>
<p><b>CRACKERS</b></p> <p><i>Nabisco brand: Grahams, Honey Grahams, Teddy Grahams; Triscuit or Triscuit Thin Crisps; Wheat Thins; Nabisco Saltines Quacker Rice Snacks; Cheez-It Crackers (original)</i></p>	<p><b>POPCORN</b></p> <p><i>Pirate Booty Puffs, Boom Chicka Pop (plain and cheddar), Skinny Pop popcorn – all varieties</i></p>	<p><b>VEGETABLE SNACKS</b></p> <p><i>Veggie Straws (Sensible Portions brand)</i></p>
<p><b>PEPPERIDGE FARM GOLDFISH OR PRETZELS</b></p> <p><i>Whole grain preferred</i></p>	<p><b>PRETZELS</b></p> <p><i>Rold Gold Pretzels, Utz Hard Pretzels, Snyder's brand pretzels, Kraft Handi-Snacks (only Mister Salty Pretzels with Cheese or Premium Breadsticks with Cheese)</i></p>	<p><b>OTHER</b></p> <p><i>Beef sticks, turkey sticks, hard boiled egg, pickles, Pediasure, Oragin Kids Protein Shake</i></p>
<p><b>CEREAL/GRANOLA BARS</b></p> <p><i>Nutri Grain Bars (Strawberry, Blueberry and Apple), Kellogg's Rice Crispy Treats (plain), Enjoy Life Baked Chewy Bars, Made Good brand products, Nature's Bakery bars, Aldi: liveGfree Baked Chew Bars, Cascadian Farms Chocolate Chip or Vanilla Chip granola bars</i></p>	<p><b>CEREALS</b></p> <p><i>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</i></p>	<p><b>BUTTERS</b></p> <p><i>Wow Butter and Sunbutter (must be in individual serving cups)</i></p>
<p><b>REDUCED FAT CHEESE</b></p> <p><i>String cheese, cubed cheese, cheese slices (any variety - NOT brand specific)</i></p>	<p><b>PUDDING CUPS</b></p> <p><i>Fat free preferred</i></p>	<p><b>OTHER DAIRY</b></p> <p><i>Yogurt tube or cup, Dannon Danimals fruit smoothies, Go-Gurt Dunkers, Cottage cheese (low fat preferred)</i></p>

