



## CHUMS SNACK SUGGESTIONS

Each child will be assigned to bring snack for the entire class on a rotating snack schedule. Your child may bring a store-bought sweet treat (**not homemade**) for his/her birthday, but all other snacks should be healthy. There is a good chance that one or more children in your child's class have a peanut/nut allergy. Not only do we want to protect our children who have life-threatening allergies, we also want to promote healthy eating habits. Please remember to read labels, even if you have purchased an item before! Manufacturers may make changes to where items are processed. Consult [Safe Snack Guide — Peanut and Tree Nut Free Edition - SnackSafely.com](#) for further information.

### **BREADS: (read labels carefully)**

Crackers  
Tortillas  
Bread Sticks  
Cornbread  
Pretzels  
Muffins  
Dry Cereals  
Sandwiches (no peanut butter)  
Bagels  
Pita Pockets  
Graham Crackers  
Teddy Grahams  
Rice cakes

### **DAIRY PRODUCTS:**

Cheese cubes/slices/string  
Yogurt  
Cream Cheese Spread  
Milk

### **PROTEIN**

Hard-boiled eggs  
Ham/turkey lunch meat  
Turkey/Chicken wraps  
Tacos (bean/cheese/egg)  
Beef Jerky  
Turkey/Chicken Wraps  
Sunflower spread

### **FRUITS: (must be washed)**

Bananas  
Grapes - **must** be sliced  
Apples – sliced  
Raisins  
Pears – sliced  
Oranges – peeled  
Cantaloupe – sliced or cubed  
Fruit Kabobs  
Canned and dried Fruit  
Avocado and guacamole  
Clementines  
Berries  
Kiwi-sliced  
Plums, peaches, nectarines – sliced  
Tangerines  
Honeydew - sliced or cubed  
Watermelon - sliced

### **VEGETABLES (must be washed and sliced)**

Celery  
Carrots (cut into matchsticks)  
Cucumbers  
Sweet Peppers  
Broccoli  
Edamame  
Cherry tomatoes (sliced)  
Cauliflower  
Sugar Snap Peas

- \*Plan for the snack to represent two food groups (for example: cheese and crackers)
- \*Please remember, no peanuts or nuts, no popcorn, and no hard candies are allowed at school.
- \*Due to choking hazards, grapes and tomatoes must be sliced lengthwise; hot dogs must be sliced lengthwise and in half, carrots must be cut into matchstick slices.
- \*Water will be served as the drink

***\*If your child stays for lunch, please remember not to pack peanut and tree-nut products.***

***\*CHUMS is not responsible for the nutritional value of snacks and lunch that are brought from home.***