

## Snack Options

The food items listed in the site below are to serve as a resource and are not guaranteed to be peanut/tree nut free at the time of purchase. Manufacturers may change their ingredients, equipment or product line methods at any time. When choosing a snack item to share at school, check the label on the package to make sure it is free of peanuts and tree nuts of all kinds in the ingredient area on the label.

For ideas of what to serve for snacks, the following website is dedicated to identifying commonly available snacks that do not contain peanuts or tree nuts. They update their list monthly. It is important to always check labels regardless.

<http://snacksafely.com/>

***Non-snack items are also encouraged as a replacement for special occasions. Below are some ideas!***

*Glow Sticks*

*Bubbles*

*Stickers*

*Pencils*

*Markers*

*Mini-Slinkies*

*Bracelets*

*Tatoos*

*Stencils*

*Pens*

*Crayons*

*Playing Cards*

# **Approved Birthday, Reward and Classroom Celebration Lists**

## **Elementary K-3**

### **K-3 Rewards:**

- Extra recess
- Play favorite non-electronic game
- Make deliveries to the office
- Sit by friends
- Help teach class
- Eat lunch with the teacher
- School supplies
- Show and tell
- Paperback book
- Free choice time at end of the day
- Listen to classroom music while working
- Teacher reads a book to the class
- Read or have class outdoors
- "No homework" pass
- Listen to an audio book/watch a video
- Have a teacher perform (sing or play an instrument)

- Choose one student from each class to walk with the principal or teacher at lunch
- Brain teasers or puzzles

### **K-3 Celebrations/Snacks:**

- Fruit (bananas, apples, clementines, grapes)
- Dried fruit (raisins, dried apples, dried apricots, dried cranberries)
- Applesauce pouches
- Vegetables, such as carrots, with hummus or ranch
- Fruit leather or dehydrated fruit
- Drinkable yogurt
- String cheese or Babybel cheese
- Air popped popcorn (Skinny Pop)
- Mini bagels with cream cheese or nut/seed butter
- Granola bars and snack bars (Larabars, Kind bars, granola bars made with rolled oats, Nature's Bakery Fig Bars)
- Whole wheat/whole grain crackers (Triscuits, Wheat Thins, Cheese crackers)
- Pretzels
- Veggie Straws

## **Intermediate: 4-6**

### **4-6 Rewards:**

- Extra recess
- Play favorite non-electronic game
- Make deliveries to the office
- Sit by friends
- Help teach class
- Eat lunch with the teacher
- School supplies
- Show and tell
- Paperback book
- Free choice time at end of the day
- Listen to classroom music while working
- Teacher reads a book to the class
- Read or have class outdoors
- "No homework" pass
- Listen to an audio book/watch a video
- Have a teacher perform (sing or play an instrument)
- Choose one student from each class to walk with the principal or teacher at lunch
- Brain teasers or puzzles

#### **4-6 Celebrations/Snacks:**

- Graham crackers
- Goldfish
- Pretzels
- Popcorn
- Chex Mix
- Dried Fruit
- Bananas
- Mandarin Oranges
- Juice Boxes (Examples: Juicy Juice, Capri Sun naturals, etc.)
- Vegetables, such as carrots, with hummus or ranch