

# Inver Grove Heights Community Preschool

## HEALTHY *Nut Free* SNACK IDEAS to SHARE at SCHOOL All snacks must be store bought



- Animal Crackers
- Apple chips (Simply Balanced, Bare)
- Applesauce -GoGo Squeeze
- Cheese crackers (Goldfish, Annie's cheddar, Cheez-Its)
- Cheese sticks
- Fruit Snacks (Welches, Annie's)
- Graham crackers (Nabisco, Kellogg's, Annie's)
- Graham snacks (Goldfish Grahams, Teddy Grahams)
- Granola bars (Annie's chocolate chip granola bars, Nutri grain apple cinnamon & some fruit bars)
- Harvest Snaps
- Keebler Club crackers
- Pretzels (Rold Gold, Pepperidge Farm Goldfish Pretzels)
- Raisins / Dried Cranberries
- Rice Krispie Treats (regular, rainbow chip, caramel) & Annie's crispy snack bars
- Ritz Crackers
- Vegetable Straws
- Wheat Thins crackers
- Yogurt -Gogurt squeezable



***ALWAYS CHECK LABELS ~ MUST NOT HAVE NUTS OR PEANUTS***  
*(or made with equipment that also processes nuts)*

To verify that the snack is nut-free, keep an eye out for phrases like "May Contain Peanut or Tree Nuts," "Manufactured in a plant with peanut or tree nuts," "Contains Peanut or Tree Nut Ingredients."

☺ Thank you!

