

**CHRISTIAN NURTURING CENTER
SAFE SNACK LIST 2018-19**

ON YOUR CHILD’S DESIGNATED SNACK DAY, PLEASE SELECT **ONE** ITEM FROM
THE **“HEALTHY OPTIONS”** AND **ONE** ITEM FROM THE **“OTHER OPTIONS”** TO
BRING IN FOR THE CLASS
ALONG WITH NAPKINS, CUPS, WATER AND SERVING UTENSILS (IF NEEDED)

Healthy Options (select one)	Other Options (select one)
Fresh cut fruits or veggies in small bite-sized portions (please make sure utensils/surface areas clean when preparing to avoid contamination of other food allergies)	Pretzels: Herts, Rold Gold or ShopRite (extra thin, mini, pretzel rods or stix) or Pepperidge Farm Pretzel Goldfish
Musselman’s or Mott’s Natural Apple Sauce Pouches or single-serve containers (with spoons) Gogo Squeeze Applesauce (ALL flavors)	Graham Snacks: ShopRite or Nabisco (original, honey or cinnamon) Teddy Grahams (honey, chocolate chip, cinnamon)
Cheese cubes, sticks or string cheese	Crackers: Pepperidge Farm Goldfish (cheddar, saltine or whole grain) or Annie’s Brand (Cheddar or whole wheat bunnies or cheddar squares)
YoPlait, Go-Gurt Squeezable Pouches or Stonyfield YoKids Squeezers	Pirates Booty