



DISCOVERY

CHARTER SCHOOL

2018-2019 Nut Safe Snack List

Our classrooms have been designated as Peanut/Nut aware zones.

Due to having students with severe nut allergies, Discovery Charter School has chosen to adopt a nut-safe snack policy in the classrooms. Nut allergies can cause a life-threatening anaphylactic reaction if a susceptible child comes in contact with a product containing nut ingredients, or that is processed in a facility where cross-contamination can occur. By adopting this policy, the chances of an accidental exposure are significantly reduced. **Please help us to make the classrooms a safe and healthy place by only sending in snacks from the approved list.**

On this list, it is important to notice that certain flavors are excluded; this is because it is made in an area of the manufacturing plant where contamination is possible or it hasn't been verified. If there is an item you would like to bring to class, and you think it is nut free but not on the list; submit the product to the school nurse for approval. Once the item is approved, added and posted, it may be brought in to the classroom.

Important: Due to continual changes in manufacturer packaging, please read the ingredient label of all snacks, including those on this list to ensure it doesn't contain any of the following: Peanuts/nuts, peanut/nut butter, peanut oil, peanut/nut flour, peanut/nut meal, or any variety of the statements, "contains peanuts", "may contain traces of peanuts/nuts", or "manufactured in a facility or on equipment that also processes peanuts (and/or other nuts)".

NO HOMEMADE SNACKS OR TREATS ALLOWED. This is an important health and safety issue and MUST be followed. Any homemade items that are mistakenly sent in will be held in the office and sent home with the child that brought them.

Please Note: The preference of the school is whole foods (fruits, veggies, etc.). This makes snack identification easier for the teachers.

Fruits/ fruit snacks:

- Whole fruits: apples, oranges, pears, bananas, berries, plums, unsweetened applesauce, grapes, strawberries, peaches, pineapple, melon, etc.
- Sun Maid raisins: large container to be distributed, not individual snack packs (**NOT chocolate or yogurt covered**)
- Dried fruits: Craisins, dried apricots, dried figs, dates, dried mango, dried cherries, dried blueberries etc. **No trail mix, no added flavoring.**
- Annie's brand –Bunny Fruit Snacks
- Betty Crocker Fruit Roll Ups
- Brothers all natural fruit crisps
- Clif Kid organic twisted fruit
- Gerb's Dried Fruits
- Stretch Island Fruit Company fruit strips-many flavors

Fresh Vegetables:

- Sugar snap peas, carrots, broccoli or cauliflower florets, celery sticks, cucumber slices, green/red/yellow/orange pepper strips, cherry tomatoes, edamame, zucchini slices, etc.

Dips:

- Hidden Valley Ranch Dressing (preferably not single serve cups)
- Tribe Hummus

Dairy:

- String cheese, cheese cubes, cheese slices, yogurt (Stonyfield Farm, Yoplait, Dannon, Gogurt, Danimals). Do not send yogurt with granola added.

Crackers/ other snacks:

- Annie's Cheddar or White Cheddar Bunnies/ Cheddar Squares
- Barnum Animal crackers
- Breton original or whole grain crackers
- Cheese Nips – Cheddar, Reduced Fat Cheddar
- Cheez-It -- Original, Reduced Fat, White Cheddar, Scrabble Junior, Cheddar Jack, Whole Grain
- Fig Newtons
- Goldfish -- Baby Cheddar, Cheddar, Colors, Parmesan, Whole Grain
- Harvest Snaps
- Kashi TLC
- Kinnikritters Vanilla Wafers (Gluten Free)
- Kinnikritters Animal Cookies (Gluten Free)
- Nabisco Grahams – Original
- Nabisco Honey Maid -- Honey, Low Fat, Cinnamon
- Nabisco Nilla Wafers
- Nabisco Premium Oyster Crackers
- Saltines -- Nabisco or Sunshine brand
- Slim Jim
- S'moreables Graham Style Crackers (Gluten Free)
- States & Capitals (Dick & Jane Educational Snacks)—at Meijer
- Triscuit – Original, Reduced Fat, Hint of Salt, Garden Herb, Rosemary & Olive Oil, Minis
- Wheat Thins – Original, Reduced Fat, Hint of Salt, Ranch, Whole Grain, Garden Herb

Popcorn:

- American Farmer -- Original, Sweet & Salty
- Annie's White Cheddar/ Butter & Sea Salt popcorn
- Deep River organic popcorn
- Orville Redenbacher
- Sage Valley popcorn
- Skinny Pop
- Smartfood popcorn,
- Utz popcorn

Pretzels:

- Annie's Pretzel Bunnies,
- Bachman brand.
- Kraft Handi-Snacks Mister Salty Pretzels' & Cheese Dip
- Newman's Own
- Rold Gold pretzel products (not chocolate-covered)
- Utz brand

Chips:

- Baked Ruffles
- Cape Cod potato chips
- Deep River Kettle Chips
- Good Health brand Veggie chips
- Late July multigrain tortilla chips
- Lay's Potato Chips/ Baked Lays
- Pirate's Booty-all flavors
- Pringles -- Original, Reduced Fat
- Sage Valley- yellow corn tortilla chips
- Snikiddy –Baked Fries/ Cheese puffs/ Vege Chips
- Stacy's Pita Chips
- Sun Chips
- Terra Exotic Vegetable Chips-Original, Sweet Potato
- Tostitos

Rice Snacks:

- Quaker Quakes Rice Snacks—Caramel Corn, Ranch, Sea Salt, Cheddar Cheese , Sour Cream & Onion
- Lundberg Organic Rice Cakes—Rice with Popcorn, Brown Rice, Mochi Sweet, Sweet Green Tea

Bars:

- 88 Acres Craft Seed Bar
- Avalanche Bars
- Belvita breakfast biscuits (blueberry, cinnamon, golden oat)-crunchy bars only
- Enjoy Life Chewy Bars (This brand is free of the 8 most common allergens)
- Made Good Granola Bars and Bites

Whole Grains:

- Thomas' Mini bagels 100% whole wheat (can add cream cheese)
- Whole wheat tortilla (La Tortilla Factory Smart & Delicious) with plain cream cheese, cut veggies or apple slices, etc.

Additional information for selecting healthier snacks:

- Opt for healthy foods low in sugar (if sugar is one of the top 2-3 ingredients, there is more sugar than warrants the products benefits.
- Choose whole foods rather than a version of it. A whole fresh orange rather than canned orange slices or orange juice.
- Minimally processed. If there are more than 5-6 ingredients it is usually highly processed.
- Choose 100% whole grains. Not enriched whole wheat.
- No added dyes
- No high fructose corn syrup, or hydrogenated oils
- Organic when possible, non GMO when possible

When choosing a snack please keep in mind some of the DCS Culture of Care Principles:

* Minimize waste whenever possible - reusable containers for food and drinks are our standard.

* Recycle when a disposable is used; receptacles are available throughout our building.

* Bring food to school that promotes good nutrition.

If you send a snack that needs to be kept chilled, please include a blue gel type cold pack in the reusable plastic container so the item stays fresh. Please, NO individual snack size containers. All classrooms have reusable plates, bowls, cups, serveware and napkins.