



**Buffalo Grove Park District
Preschool Safe Snack List**



The Buffalo Grove Park District Preschool is a **nut-safe** environment.

To support children's nutritional needs, we will follow the recommended snack guidelines of the USDA. We will provide healthy snacks on Wednesdays and Thursdays and encourage families to do so as well when volunteering to bring in snacks for their child's class. Snacks must be in unopened boxes/bags OR individually pre-packaged. The following list will provide you with healthy, nut-free options for you to choose from. Water will always be provided, as this is the best option to keep our children hydrated. If juice is provided, it must be 100% pasteurized fruit juice. If at any time you find an item that you feel could be added to the list, please email Diana or Monica.

Fruit & Vegetables

- Fresh Bananas, Blueberries or Strawberries
- Pre-packaged bags of sliced apples
- Pre-packaged fresh vegetables i.e.: a bag of baby carrots
- Mott's Applesauce (Original, Cinnamon, Natural, Pear, Granny Smith, Mango Peach)
- Musselman's Applesauce
- Materne GoGo Squeez: applesauce on the go (any flavor)
- Dole Diced Fruit Cups (Mandarin Oranges, Pineapple, Peaches)
- Del Monte Diced Fruit Cups (Mango, Pineapple, Pears, Mandarin Oranges, Peaches)
- Sunmaid Natural California Raisins (Plain only), Cranberries (Plain only)
- Ocean Spray Craisins (Original Dried Cranberries only)
- Stretch Island Fruit Co- All Natural Fruit Strips (Summer Strawberry, Autumn Apple, Ripened
- Raspberry, Harvest Grape)
- Simply Balanced (Target): Fruit Strips (Strawberry, Cherry Apple, Wild Berry, Apricot, Berry Blend)
- **Dips** – T. Marzettis only - Ranch or Dill veggie dip

Vegetable Snacks

- Sensible Portions (Veggie Straws, Veggie Chips)

Pirate Brands Snacks

- Pirate's Booty (Veggie, Aged Cheddar)

Pretzels

- Rold Gold Pretzels (Original, Classic Style, Low Fat, Fat Free): Sticks, Tiny Twists, Rods, Thins, Honey Wheat Braided Pretzel Twists
- Nabisco Handi Snacks- Mister Salty Pretzels n' Cheez Dip

Crackers

- Pepperidge Farm Goldfish Crackers (Cheddar, Original, Colors, Whole Grain)
- Annie's homegrown Bunnies (Cheddar, Extra Cheesy or White Cheddar)
- Keebler Club Crackers (Original, Reduced Fat, Multigrain)
- Cheez-its Crackers (Original, Reduced Fat, Scrabble Junior, Whole Grain, Gripz Snack Pack)
- Nabisco Handi Snacks (Premium Breadsticks n 'Cheezy Dip, Ritz Crackers-n-Cheesy Dip)
- Nabisco Premium Soup & Oyster Crackers
- Nabisco Ritz Crackers (Original, Whole Wheat, Reduced Fat, Hint of Salt, Original Fresh Stacks)

Rice Snacks

Quaker Quake Rice Snacks - Ranch, Sea Salt, Cheddar Cheese, Sour Cream and Onion

Cereal/Cereal Bars

- Kelloggs Nutrigrain Soft Baked Breakfast Bars (Apple Cinnamon, Blueberry, Strawberry, Mixed Berry, Cherry, Raspberry)
- Kelloggs Special K Cereal Bars (Red Berries, Chocolatey Pretzel)
- Quaker Popped Rice Crisps (Caramel Corn, Cheddar Cheese, Kettle Corn, Apple Cinnamon)
- Quaker Rice Cakes (Caramel Corn, Apple Cinnamon, White Cheddar, Lightly Salted)
- General Mills: Cheerios (Plain, Apple Cinnamon, Frosted, Multigrain Lightly Sweetened), Kix (Original, Berry Berry), Chex (Rice, Corn, Wheat), Trix
- Kelloggs: Frosted Mini Wheats Original, Crispix
- Quaker: Life (Original, Cinnamon), Oatmeal Squares (Brown Sugar, Cinnamon)

SunButter (Peanut Butter ALTERNATIVES)

- SunButter Sunflower Butter – Creamy, Natural Creamy, Natural Crunch, Natural No Sugar added
- SunButter On the Go single Cups
- SunButter Sunflower Seed Spread

Dairy

- String Cheese/ Cheese Cubes, Slices, Sticks: Frigo, Kraft, Land O Lakes, Market Pantry (Target Brand), Sargento, Sorrento, Tilamook, Finlandia
- Organic Valley Cheese: Stringles and American Singles
- Horizons Organic Cheese (Whitewave Foods Company): Sticks, shapes, singles
- Dannon Yogurt: Activia (NO "Breakfast Blends" with grains), Danimals Smoothies, Danimals Squeezables, Fruit on Bottom, Light and Fit, Greek (Oikos, Light and Fit)
- Stonyfield Farms Organic Lowfat Yogurt: Greek, Fruit on Bottom, Smooth & Creamy, Smoothies
- YoKids (Lowfat, Smoothies, Squeezers Tubes, Squeeze Pouches)
- Yoplait (Original, Light, Whips, Trix, Go-Gurt Portable Yogurt, Greek)

FOR BIRTHDAYS ONLY:

- Kellogg's Fruit Snacks (Any flavor)
- Market Pantry (Target) Fruit Snacks (Strawberry, Mixed Fruit, Mixed Berry, Wild Fruit)
- Annie's Inc., Assorted Fruit Snacks: Annie's Bunny Fruit Snacks Organic, Organic Orchard Fruit Snacks, Really Peely, Bernie's Farm (any Flavor)
- Nabisco Chips Ahoy!: (Original, Reduced Fat, Mini), Chunky (Chocolate)
- Nabisco Chips Ahoy Thin Crisps (100 Calorie packs)
- Nabisco Oreo Sandwich Cookies (Original, Reduced Fat, Heads or Tails, Minis, Golden, Golden Chocolate, Chocolate Crème)
- Nabisco Oreo THINS Sandwich Cookies (Chocolate, Golden)
- Kellogg Rice Krispie Treat Bars (Original only)
- Nutphree's Bakery Mini-cupcakes or any mini-cupcakes(not full sized), that are labeled NUT FREE and have a clear product label.
- Austin Zoo Animal Crackers
- Nabisco Nilla Wafers (Original, Mini, Reduced Fat)
- Nabisco Barnum's Animal Crackers (Original)
- Nabisco Fig Newton's (Original)
- Back to Nature: Honey Graham Sticks
- Keebler Scooby-Doo Graham Cracker Sticks (Honey, Cinnamon)
- Nabisco Honey Maid Graham Crackers (Honey, Cinnamon, Low Fat, Star Wars, Fresh Stacks)
- Nabisco Teddy Graham Crackers (Honey, Cinnamon, Chocolate, Chocolatey Chip)
- Nabisco Grahams Crackers (Original)
- Skeeter All Natural (Cinnamon Grahams, Honey Grahams)