The USDA recently passed nutrition standards for snack-foods and beverages given to children at school during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children while limiting junk foods. The Elizabeth Forward Elementary Schools are also “peanut-safe” in order to protect students with life-threatening allergies.

The following snacks have been designated as healthy snacks and may be served at holiday parties, or brought in for birthday treats. A limited selection of treats is available for purchase from our cafeteria.

**NOTE:** Please do not send any treats that do not appear on this list. They will be returned home with your child.

FRUIT/VEGETABLES

\* Fresh fruit (apples, oranges, bananas, grapes, pears, plums, melons, berries, etc.)

\* Raisins, Craisins, dried fruits (no trail mix or nuts)

\* Fresh vegetables (baby carrots, celery sticks, grape tomatoes, cucumber slices, broccoli, pepper strips, etc.)

CHEESE/DAIRY

\* String cheese or other cheeses

\* Kraft Handi Packs (with red stick)

CRACKERS/SNACK ITEMS

\* Goldfish crackers

\* Annie’s Bunnies

\* Graham crackers/ graham cracker sticks

\* Teddy Grahams Brand

\* Vanilla Wafers

\* Pretzels

\* Nutri-grain cereal bars/Yogurt bars

\* Fig Newtons (all flavors)

\* Baked Lays chips

OTHER

\* Fruit snacks (Gushers, Roll-Ups, Twists, etc.)

\* Rice Krispie Treats (original)

\* Nut-free 100 Calorie Packs