

NUTLEY PUBLIC SCHOOLS
Healthy and Safe Snack List 2023-2024

Nutley schools are committed to providing a safe and healthy learning environment for our students. Due to the increase in food allergies, childhood obesity and Type II Diabetes we ask that you please abide by the following guideline which offers health conscience options and protects our students with food allergies.

All treats/snacks must be STORE BOUGHT and brought to school in the ORIGINAL PACKAGING. The ingredients must be listed on the package. Treats/snacks containing peanuts, tree nuts, or nut products MAY NOT be sent to school. Before you bring a treat/snack to school please consult your child's teacher or school nurse for any specific restrictions. Ingredients of packaged goods change frequently, therefore to find an acceptable peanut free/tree nut free brand please refer to www.snacksafely.com before purchasing a class snack.

Please refer to the list below for some acceptable snack options:

- Goldfish (original)
- Mini Muffins (store packaged) labeled made in a peanut/nut free facility
- Popcorn (also gluten free)
- Pretzels
- Fruits and Vegetables – (ex. apple slices, applesauce, baby carrots, orange slices, fruit pouches)*
- Yogurt
- Cheese Cubes, String Cheese
- Water only

NO HOMEMADE ITEMS

***Please call or email your child's teacher or school nurse to ask about any fruit or vegetable restrictions.**

Thank you very much for your cooperation and support.