

## **Amberly Acceptable Snack List**

*The Amberly Acceptable Snack List promotes a food allergy safe classroom environment, promotes healthy eating habits during the school-age years and takes in consideration reasonable costs of snacks. These factors can make an important contribution to the avoidance of allergic reactions, as well as short and long-term disease prevention, health promotion and our nation's goal of reducing childhood and adult obesity. Only items on the acceptable snack list will be allowed during snack time.*

*The Michigan State Board of Education believes schools should provide a campus-wide environment supporting student adoption of healthy eating behaviors. Students should be given the opportunity to learn and practice these behaviors by having access to healthy food and beverage choices. This list is consistent with recommended actions outlined in *The Role of Michigan Schools in Promoting Healthy Weight and goals of the Michigan Action for Healthy Kids coalition*. The purpose of this acceptable snack list is to ensure that students have access to food that meets their nutrient requirements to promote health and foster learning.*

### **Amberly's Acceptable Peanut & Tree-nut Free Healthy Snack List**

- ◆ **Fresh fruit** – such as Apples, Apricots, Bananas, Blackberries, Blueberries, Cantaloupe, Cherries, Grapefruit, Grapes, Honeydew Melon, Mandarin Oranges, Mango, Nectarines, Oranges, Peaches, Pears, Pineapple, Plums, Raspberries, Strawberries, Tangerines, Watermelon or Applesauce
- ◆ Dried fruit (raisins, craisins, banana chips, etc.) **No Trail mix**
- ◆ **Vegetables**– such as Broccoli, Carrot sticks or Baby Carrots, Cauliflower, Celery Sticks, Cucumber, Peppers (green, red, orange, yellow), green beans, Snap Peas, Snow Peas, Tomato slices or grape or cherry tomatoes, Yellow Summer Squash slices, Zucchini slices, etc.
- ◆ Cheese or Cheese Sticks
- ◆ Bagels, Rice Cakes, English Muffins, Pita, or Tortillas No Peanut butter on above (humus, dip, cheese are fine)
- ◆ Dried Breakfast Cereal (no milk) that are not peanut, nut, caramel or chocolate flavored
- ◆ Sunflower seeds, pumpkin seeds
- ◆ Lunch meat or meat sticks– plain or serve with bread, pita, crackers, or tortillas (as a wrap)
- ◆ Plain/original flavored graham crackers, graham sticks (no peanut, caramel or chocolate flavored)
- ◆ Crackers, Pretzels – original flavored (no nuts, caramel, or chocolate flavoring)
- ◆ Microwave popcorn-already popped (no Cracker Jacks, caramel, etc. flavored due to possible allergens)

***No products that may contain peanuts/tree nuts, cookies, candy or granola bars will be permitted during snack time.***