



Approved Healthy Snack List for Birthdays and Celebrations

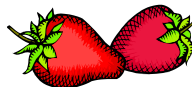
Instilling nutritional concepts at an early age can influence a lifetime of healthy food choices and balance. Learning Ladder promotes healthy food choices by offering nutritional food for meals, snacks, and encourages families to bring in snacks to share for celebrations such as birthdays and holidays.

- Although children can be allergic to any kind of food, most food allergies are caused by tree nuts, peanuts, cow’s milk, eggs, soy, wheat, fish, and shellfish.
- Learning Ladder has a **Restrictive Nut Policy** that snacks must adhere to. (see back side of sheet)
- Additional safety considerations for infants and toddlers will be considered.
- **All food must be pre-packaged, unopened and have a complete ingredient list.**
- **All snacks will be opened and washed and prepared at school to reduce cross-contamination.**
- **Bakery items such as cupcakes, birthday cake, cookies, or doughnuts do not meet healthy dietary standards. Please do not bring them in.**
- You may bring in additional healthy, pre-packaged and labeled toppings or dips to make the item more festive.
- If you have a nutritional snack item that you would like to share that is not listed or would like to prepare a traditional family recipe in our kitchen, contact the office for assistance.
- The following snacks have been approved as healthy snacks. They can be combined in any creative way that is delicious and fun for your child.

Pretzels	Nutrigrain Bars
Sunflower Butter (yummy alternative to peanut butter)	Fig Newton’s
Strawberries, Blueberries, or Raspberries	Yogurt
Apples, Melons, Banana’s, Oranges	Trail Mix (no nuts) cereal, dried fruits
Dried Fruit; Raisins, Cranberries, Dates	Fruit Juice (100%)
Veggies (individually Packaged)	Hummus Dip
Ham or turkey lunchmeat	Applesauce, Grapes, Kiwi
Frozen 100% Fruit Bars	Whole Grain Crackers or Saltines
Cheese , String Cheese	Go-gurt
Dill Pickles	Corn Chips & Salsa

Thank-you for choosing a healthy snack to share in your child’s classroom! It is a great way to be involved in your child’s learning and it is greatly appreciated!

Together we can teach a healthy lifestyle to our children! 2013



See reverse for Nut Restrictive Policy →

Nut Restrictive Policy

- Foods that say: **“Processed in a facility that also processed nuts”** or **“Processed on a machine that also processes nuts”** (or similar wording) **are OK to bring in and may be included on our menu and may be brought to school with your child as a snack, brown bag lunch or shared with the classroom.**
- Foods that say **“May contain peanuts or tree nuts”** (or similar wording) **will not be served on our menu and may not be brought to school with your child as a snack, brown bag lunch, or to be shared with others.**
- If labels have no allergy information, those food items, in most circumstances, are considered OK for children without nut allergies to consume in school. However these food items that are not labeled should not be given to children with allergies.
- If the child brings in a nut product to school, we simply use a ziplock bag to immediately bag the item with a reminder label that says “Learning Ladder is a Nut Restricted School, Please enjoy this food item at home.” Then we send the item home with the family at the end of the day. If the item is a large part of their snack or brown bag lunch we will substitute the food with a food item from our kitchen.
- **Item purchased from store bakeries DO NOT meet the Nut Restricted School Requirements.**