

Snack Time

As many of you know we allow for students to bring a healthy snack to school to boost their energy during the midmorning work time. This year we have students in multiple classrooms that have extreme allergies to nuts. Because all students' safety is important to us, we are asking a huge favor of all of you. In order to maintain the opportunity to have snacks in the classroom and provide a healthy and safe environment for all students, we require nut-free snacks in the classrooms. Below we have listed some ideas for a healthy snack. Please make sure all snack items other than fruits, vegetables, or cheeses come with a food label. Snacks containing nuts will not be allowed opened in the classroom.

- String cheese
- Any fruits or vegetables
- Fruit Snacks/Roll ups
- Yogurts
- Cheez-Its (still provide label)
- Pretzels (still provide label)
- For additional ideas check out

http://www.peanutaware.com/safe_foods.html

***At Summit School we believe all snacks should be healthy and encourage low-fat, low-sugar foods.