The Berwyn Park District Early Childhood Program is a nut-safe environment. To support children’s nutritional needs, we will follow the recommended snack guidelines of the USDA. We encourage families to follow this list when volunteering to bring snacks for their child’s class. Snacks must be in unopened boxes/bags OR individually pre-packaged. Please still check the labels of these products as we never know when they may change their recipe or label. The following list will provide you with healthy, nut-free options for you to choose from. If at any time you find an item that you feel could be added to the list, please email the Recreation Manager.

**FRUIT & VEGETABLES**
- Fresh Bananas, Blueberries or Strawberries, Cuties/Clementine’s
- Pre-packaged bags of sliced apples
- Pre-packaged fresh vegetables i.e.: a bag of baby carrots
- Mott’s Applesauce (Original, Cinnamon, Natural, Pear, Granny Smith, Mango Peach)
- Musselman’s Applesauce
- Materne GoGo Squeez: applesauce on the go (any flavor)
- Dole Diced Fruit Cups (Mandarin Oranges, Pineapple, Peaches)
- Del Monte Diced Fruit Cups (Mango, Pineapple, Pears, Mandarin Oranges, Peaches)
- Sunmaid Natural California Raisins (Plain only), Cranberries (Plain only)
- Ocean Spray Craisins (Original Dried Cranberries only)
- Stretch Island Fruit Co-All Natural Fruit Strips (Summer Strawberry, Autumn Apple, Ripened Raspberry, Harvest Grape)
- Simply Balanced (Target): Fruit Strips (Strawberry, Cherry Apple, Wild Berry, Apricot, Berry Blend)
- Dips–T. Marzettis only -Ranch or Dill veggie dip

**PRETZELS**
- Rold Gold Pretzels (Original, Classic Style, Low Fat, Fat Free): Sticks, Tiny Twists, Rods, Thins, Honey Wheat Braided Pretzel Twists
- Nabisco Handi Snacks-Mister Salty Pretzel Twists n' Cheez Dip

**CRACKERS AND SNACKS**
- Pepperidge Farm Goldfish Crackers (Cheddar, Original, Colors, Whole Grain)
- Annie’s homegrown Bunnies (Cheddar, Extra Cheesy or White Cheddar)
- Keebler Club Crackers (Original, Reduced Fat, Multigrain)
- Cheez-its Crackers (Original, Reduced Fat, Scrabble Junior, Whole Grain, Gripz Snack Pack)
- Harvest Snaps Snapea Crisps (Lightly Salted or Ceasar)
- Nabisco Handi Snacks (Premium Breadsticks n ‘Cheezy Dip, Ritz Crackers-n-Cheesy Dip)
- Nabisco Premium Soup & Oyster Crackers
- Nabisco Ritz Crackers (Original, Whole Wheat, Reduced Fat, Hint of Salt, Original Fresh Stacks)
- Pirate’s Booty (Veggie, Aged Cheddar)
- Savoritz Cheese & Cracker Sticks
- Sensible Portions (Veggie Straws, Veggie Chips)
- Trader Joes Crunchy Curls –Lentil & Potato
- Quaker Quake Rice Snacks -Ranch, Sea Salt, Cheddar Cheese, Sour Cream and Onion

**CEREAL/CEREAL BARS**
- Kellogg’s Nutrigrain Soft Baked Breakfast Bars (Apple Cinnamon, Blueberry, Strawberry, Mixed Berry, Cherry, Raspberry)
- Kellogg’s Special K Cereal Bars (Red Berries, Chocolatey Pretzel)
- Quaker Popped Rice Crisps (Caramel Corn, Cheddar Cheese, Kettle Corn, Apple Cinnamon)
- Quaker Rice Cakes (Caramel Corn, Apple Cinnamon, White Cheddar, Lightly Salted)
- General Mills: Cheerios (Plain, Apple Cinnamon, Frosted, Multigrain Lightly Sweetened), Kix (Original, Berry Berry), Chex (Rice, Corn, Wheat), Trix
- Kellogg’s: Frosted Mini Wheats Original, Crispix
- Quaker: Life (Original, Cinnamon), Oatmeal Squares (Brown Sugar, Cinnamon)
**SUNBUTTER** (Peanut Butter ALTERNATIVES)
- SunButter Sunflower Butter – Creamy, Natural Creamy, Natural Crunch, Natural No Sugar added
- SunButter On the Go single Cups
- SunButter Sunflower Seed Spread

**DAIRY**
- String Cheese/ Cheese Cubes, Slices, Sticks: Frigo, Kraft, Land O Lakes, Market Pantry (TargetBrand), Sargento, Sorrento, Tilamook, Finlandia
- Organic Valley Cheese: Stringles and American Singles
- Horizon Organic Cheese: Sticks, shapes, singles
- Dannon Yogurt: Activia (NO “Breakfast Blends” with grains), Danimals Smoothies, Danimals Squeezables, Fruit on Bottom, Light and Fit, Greek (Oikos, Light and Fit)
- Stoneyfield Farms Organic Lowfat Yogurt: Greek, Fruit on Bottom, Smooth & Creamy, Smoothies
- YoKids (Lowfat, Smoothies, Squeezers Tubes, Squeeze Pouches)
- Yoplait (Original, Light, Whips, Trix, Go-Gurt Portable Yogurt, Greek)

**DRINKS**
- Mini water bottles
- Mini bottles of 100% Juice (apple, orange)
- Honest Kids Fruit Pouches
- 2% milk
  (If providing jugs, please make sure to provide cups)

**FOR BIRTHDAYS ONLY**
- Kellogg’s Fruit Snacks (Any flavor)
- Market Pantry (Target) Fruit Snacks (Strawberry, Mixed Fruit, Mixed Berry, Wild Fruit)
- Annie’s Inc., Assorted Fruit Snacks: Annie’s Bunny Fruit Snacks Organic, Organic Orchard Fruit Snacks, Really Peely, Bernie’s Farm (any flavor)
- Nabisco Chips Ahoy!: (Original, Reduced Fat, Mini), Chunky (Chocolate)
- Nabisco Chips Ahoy Thin Crisps (100 Calorie packs)
- Nabisco Oreo Sandwich Cookies (Original, Reduced Fat, Heads or Tails, Minis, Golden, Golden Chocolate, Chocolate Crème)
- Nabisco Oreo THINS Sandwich Cookies (Chocolate, Golden)
- Kelloggs Rice Krispie Treat Bars (Original only)
- Nutphree’s Bakery Mini-cupcakes or any mini-cupcakes (not full sized), that are labeled NUT FREE and have a clear product label.
- Austin Zoo Animal Crackers
- Mrs. Pures Vanilla Wafers
- Mrs. Pures Chocolate chip Cookies
- Nabisco Nilla Wafers (Original, Mini, Reduced Fat)
- Nabisco Barnum’s Animal Crackers (Original)
- Nabisco Fig Newton’s (Original)
- Back to Nature: Honey Graham Sticks
- Keebler Scooby-Doo Graham Cracker Sticks (Honey, Cinnamon)
- Nabisco Honey Maid Graham Crackers (Honey, Cinnamon, Low Fat, Star Wars, Fresh Stacks)
- Nabisco Teddy Graham Crackers (Honey, Cinnamon, Chocolate, Chocolatey Chip)
- Nabisco Chocos Crackers (Original)
- Skeeter All Natural (Cinnamon Graham, Honey Grahams)