

Elysian Charter School Safe Nut- Free Snack List

Let's Help Our Children Do Their Best At School By
Sending in Smart “Real Food” Snacks!

Real Food is

- 100% whole grain
- Made with no (or very little) refined sweeteners like white sugar or corn syrup
- Fresh fruits and vegetables (preferably organic), dairy products, seeds, dried fruit, humanely raised farm products
- More a product of nature than a product of industry

Real Food is Not

- “Low Fat,” “low carb” or “low calorie” products (in most cases)
- Made with artificial sweeteners like Splenda
- Deep fried in refined oil
- 100 calorie packs made with refined grains like white flour (labeled as wheat flour)
- Something out of a package you cannot pronounce
- Highly processed food that is labeled organic

**** IMPORTANT: Product formulations may change so ALWAYS double check the package to ensure the item is not processed in a facility that also processes nuts **** (This is a suggested list) Please keep in mind there is no space to keep items that need refrigeration

OTHER “REAL FOOD” SNACKS

- Raw Sesame Seeds
- Raw Pumpkin Seeds
- GoRaw Live “Granola Bar”
- GoRaw Live “Pumpkin Bar”
- Bella Famiglia Olives
- Organic Divina Olives
- Mediterranean Organic Olives
- Gaea Kalamata Olives
- Earth Fare Organic Olives

100% WHOLE-GRAIN SNACKS

- Triscuits
- Popcorn
- Oatmeal (served warm in thermos)
- Shredded Wheat (Post or Earth Fare brand)
- Arrowhead Mills Puffed Whole Grain Cereal (Corn, Wheat or Millet)
- Crunchmaster Multi-Seed Crackers
- Trader Joe’s Woven Wheat Wafers
- Streit’s Whole-Wheat Matzo Crackers
- Doctor Kracker Seeded Spelt Crackers
- Edward & Sons Brown Rice Snaps
- Koyo Brand Organic Brown Rice Chips
- Finn Crisp Thin Rye Crispbread
- Lundberg Brown Rice or Wild Rice Cakes
- Koyo Brown Rice Cakes
- Real Foods Corn Thins
- Wasa Rye Cripsbread Varieties
- Ryvita Rye Varieties
- Kashi Heart to Heart Whole Grain Crackers (Original and Roasted Garlic)
- Kashi 7 Grain Frozen Waffles
- Whole-Wheat or Brown Rice Pasta (macaroni noodles, penne, etc. can be served warm with butter in thermos or served cold as a pasta salad)
- HT Naturals Organic Brown Rice (good with bits of avocado and soy sauce)
- HT Naturals Whole Wheat Couscous (good mixed with a Greek yogurt sauce called (Tzatziki))

Fresh Fruit and Vegetables (Fruits should be cut before sending to school)

Apples, Banana, Carrots, Celery
Mango, Pear, Grapes, Oranges, Raspberries
Peaches, Plums, Pineapple, Papaya, Star Fruit

DRIED AND CANNED FRUITS

- GoGo Squeeze Applesauce
- Unsweetened Raisins
- Trader Joe's Fruit Leathers
- Trader Joe's Fruit Flakes (Apple Raspberry, Apple Strawberry...similar to fruit leathers)
- Trader Joe's Fiberful Fruit Bars
- Trader Joe's Organic Fruit Wraps
- Buddy Fruits – Pure Blended Fruits
- Clif Kid Organic Twisted Fruit Rope
- Trader Joe's Dried Baby Sweet Pineapple
- Trader Joe's Freeze Dried Mango, Banana Slices, Blueberries or Strawberries
- Trader Joe's Vacuum Dried Pineapple or Banana Chips
- Costco – Brothers All Natural Crisp (dried fruit)
- Nothing But Banana Flattened
- Dried Apple Rings
- Native Forest Organic Mandarins
- Native Forest Papaya Chunks
- Native Forest Mango Chunks
- Native Forest Pineapple
- Made in Nature Dried Apricots
- Made in Nature Dried Apples
- Made in Nature Dried Mission Figs
- All Funky Monkey Freeze Dried Fruit Varieties
- Eden Organic Dried Cranberries
- Eden Organic Dried Blueberries
- Eden Organic Dried Cherries
- Organic Just Cherries

