

ELEMENTARY SCHOOL SAFE NUT-FREE SNACK LIST

"Food impacts how well a child's brain works, affecting their moods and abilities ... In a child's brain junk food can cause neurotransmitters, which pass along information, to function improperly. Smart foods, however, allow information to be processed correctly and help the child function at their optimal level." – *Dr. Sears, one of America's most renowned pediatricians and author of over 40 books*

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 animal products
- More a product of nature than a product of industry

REAL FOOD IS NOT...

- "Low fat" or "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 containing ingredients you cannot pronounce
- Highly processed food that is labeled as organic

FRESH FRUITS & VEGETABLES (Organic Recommended)

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| • Apple | • Cherries |
| • Banana | • Edamame |
| • Carrots | • Sugar Snap Peas |
| • Celery | • Green Beans |
| • Mango | • Sweet Potato (with cinnamon) |
| • Pear | • Sliced Bell Peppers |
| • Grapes | • Trader Joe's Ready to Eat Beets |
| • Strawberries | • Cucumber |
| • Blueberries | • Jicama |
| • Raspberries | • Pomegranate |
| • Oranges | • Cherry Tomatoes |
| • Peaches | • Snow Peas |
| • Plums | • Cauliflower |
| • Grapefruit | • Broccoli |
| • Avocado | • Lentils – Tasty Bite Heat and Eat Lentils |
| • Pineapple | • Trader Joe's Steamed Lentils (Refrigerated Section) |
| • Papaya | • Garbanzo Beans |
| • Star Fruit | • Wedge of Cabbage |
| • Figs | |
| • Honeydew Melon | |
| • Cantaloupe | |
| • Watermelon | |
| • Black Beans, Pinto Beans, etc. | |
| • Lima Beans | |

Some of these veggies would be great dipped into Cedar's Organic Hummus or Sabra Hummus Dip (not roasted pine nut flavor)