

KIDS KAMP 2019

NUT-FREE, HEALTHY SNACK LIST

FRUITS AND VEGETABLES

- all fresh fruits or vegetables (please bring washed, cut/sliced)
- applesauce cups (Motts or Market Pantry)
- raisins, craisins or other dried fruit (Ocean Spray, SunMaid, Sunsweet)
- Dole or DelMonte diced fruit cups

DAIRY

- yogurt in small cups or tubes (no mix-ins)
- Hunts pudding snacks
- string cheese or other cheeses

BREAD/CRACKERS/CEREALS

- GM - plain Cheerios, Golden Grahams, Chex (rice, wheat, corn only), Cinnamon Toast Crunch, Coco Puffs, Lucky Charms, Trix, Kix
- Kellogg's – corn flakes, Frosted mini wheats, frosted flakes, Corn Pops, Apple Jacks, Rice Crispies, Fruit Loops
- Nutri-Grain bars
- Nabisco honey maid graham crackers or teddy grahams
- Keebler Club crackers, Townhouse crackers or Zest saltines
- Kraft cheese-nips, handi-snacks
- Nabisco Triscuits, wheat thins, Ritz crackers (full-size only)
- Animal crackers (Barnum or Austin Zoo brands)
- vanilla wafers
- small Lenders bagels with plain cream cheese
- Fig Newtons
- Oreo's and Chips Ahoy
- Goldfish crackers
- Rold Gold Pretzels

Please keep in mind that we are a nut-free facility. The snacks listed above are approved as being nut-free and manufactured in a nut-free facility. Always check your container for ingredients.