



Updated Items in RED
as of 12/16/19

CHRISTIAN HERITAGE ACADEMY

FOOD LIST FOR A NUT-AWARE ENVIRONMENT

CHA seeks to be a nut-aware school environment. In order to provide a nut-aware environment for students who have a severe allergy to peanut or tree nuts, teachers may use this suggested snack list to serve food for special activities or occasions **without** giving prior notice to families. These foods have been approved for our school environment. (Please note grades PreK-6th have NON-treat birthday celebrations.) **No homemade foods are permitted in any classroom without prior notice and permission.**

We encourage students with severe food allergies to provide their own "safe snacks/food." If you do NOT give permission for your child to be served any of the following foods, please let your child's homeroom teacher know at the beginning of the year.

Please note that the foods listed below have been approved as foods that DO NOT have nuts listed as a MAIN INGREDIENT. We cannot guarantee that the following foods have been processed in a nut free facility. Our Nut-Aware Guidelines state: According to FARE (Food Allergy & Research Education, www.foodallergy.org) "The use of advisory labeling (i.e., precautionary statements such as 'may contain,' 'processed in a facility that also processes,' or 'made on equipment with') is voluntary and optional for manufacturers. There are no laws governing or requiring these statements, so they may or may not indicate if a product contains a specific allergen." Therefore, CHA cannot guarantee safety with foods that have these labels, nor foods made with soy nut butter, or sunflower seed butter and other alternative nut butters.

^G: Gluten Free

^V: Certified Vegan (dairy free and egg free)

Healthy Options

Fruit- Dried (NO Trail Mixes and/or NO Yogurt Covered)

Ocean Spray Craisins – Original Dried Cranberries ONLY

Trader Joes Raisins

SunMaid Natural California Raisins (Plain only), Cranberries (Plain Only)

Fruit- Fresh

Any fresh fruit ^{GV} (grapes, apples, oranges, bananas, strawberries, blueberries, etc.)

Any fresh vegetable ^{GV} (cherry tomatoes, carrot sticks, celery, cucumbers etc.)

Fruit- Cups/Bowls (NO Toppings/Mix Ins)

Del Monte Diced Fruit Cups (Mango, Pineapple, Pears, Cherry Mixed Fruit, Mixed Fruit, Mandarin Oranges, Peaches)

Del Monte Fruit Burst Squeezers (Peach, Mango, Blueberry, Apple, Cinnamon, Mixed Berry, Strawberry)

Dole Diced Fruit Cups (Mandarin Oranges, Pineapple, Peaches, Cherry Mixed Fruit, Pears)

Kirkland Signature Organic Applesauce Pouches

Materne GoGo Squeez: Applesauce On the Go (Any Flavor), Fruit & Veggies On the Go (Any Flavor)
Mott's Applesauce (Original, Cinnamon, Natural, Pear, Strawberry, Granny Smith, Blueberry Delight, Summer Strawberry, Country Berry, Peach Medley)
Trader Joes Organic Applesauce cups (all flavors)
Mott's Snack & Go (Natural, Cinnamon, Strawberry, Granny Smith, Original, Mixed Berry, Mango Peach)
Musselman's Applesauce^G (Any Flavor)

Cereal Bars & Rice Snacks

Enjoy Life Chewy Bars^{GV} (Caramel Apple, Caramel Blondie, Carrot Cake, Cocoa Loco, Lemon Blueberry Poppysseed, Sunseed Crunch)
Made Good Granola Bars^{GV} (Apple Cinnamon, Chocolate Banana, Chocolate Chip, Mixed Berry, Strawberry, Sweet and Salty)
Made Good Granola Minis^{GV} (Apple Cinnamon, Chocolate Banana, Chocolate Chip, Mixed Berry, Strawberry)
Made Good Crispy Light Granola^{GV} (Apple Cinnamon, Chocolate Banana, Cocoa Crunch, Strawberry)
Kelloggs Nutrigrain Soft Baked Breakfast Bars (Apple Cinnamon, Blueberry, Strawberry, Mixed Berry, Cherry, Raspberry)
Kelloggs Special K Cereal Bars (Red Berries, Chocolately Pretzel)
Lundberg Organic Rice Cakes(rice with popcorn, brown rice, mochi sweet, sweet green tea)
Natures Bakery (brand found at Walmart) Double Chocolate Brownie, Fig, Strawberry, Blueberry, Raspberry
Quaker Popped Rice Crisps (Caramel Corn, Cheddar Cheese, Kettle Corn, Apple Cinnamon, Chocolate, Creamy Ranch)
Quaker Rice Cakes (Caramel Corn, Apple Cinnamon, White Cheddar, Lightly Salted, Salt Free, Chocolate Crunch)

Dairy- Cheese

Breakstones Cottage Cheese (single servings)
Horizon Cheese Sticks
Kraft Cheese Sticks, String-Ums, Cubes
Sargento Snack Cheese Strings, Twirls, Cubes, or Shapes
Trader Joes – Cheese Sticks and String Cheese

Dairy- Yogurt (NO Toppings/Mix Ins – i.e., granola, cereal, cookies, candy)

Chobani Greek Yogurt
Dannon: Activia (NO "Breakfast Blends" with grains), Danimals Smoothies, Danimals Squeezables, Danactive Probiotic Dairy Drink, Fruit on Bottom, Light and Fit, Greek (Oikos, Light and Fit)
Horizon Organic – Tuberz (Yogurt Tube)
Silk Dairy Free Alternative Soy Yogurt^{GV} (Plain, Blueberry, Strawberry, Peach Mango, Vanilla)
Stoneyfield Farms Organic Lowfat: Greek, Fruit on Bottom, Smooth & Creamy, Smoothies, YoKids (Lowfat, Smoothies, Squeezers Tubes, Squeeze Pouches)
Yoplait (Original, Light, Whips, Trix, GoGurt Portable Yogurt, Greek, Yumsters)

Drinks

Bottled Water
Fruit Juice: Back to Nature 100% Juice, Capri Sun, Gatorade, Hi-C, Honest Kids, Juicy Juice, Kool Aide Jammers, Minute Maid, Motts, Powerade, Welch's (Any Flavors)
Ripple Pea Protein Milk^{GV} (Original, Chocolate, Unsweetened, Vanilla)
Silk Oat Yeah Oat Milk^{GV} (Plain, Chocolate, 0G Sugar, Vanilla)
Simply Balanced Organic (Target): Berry Juice, Apple Juice, Fruit Punch
Simply Lemonade All Natural (Lemonade, Lemonade/Raspberry, Lemonade/Blueberry)

Simply Fruit Punch

Milk

Salty Snacks

Chips

Enjoy Life Lentil Chips ^{GV} (Dill & Sour Cream, Garlic & Parmesan, Margherita Pizza, Sea Salt)

FritoLay Cheetos (Crunchy, Puffs, Oven Baked Crunchy Cheese, Simply Cheetos Puffs White Cheddar)

FritoLay Doritos (Nacho Cheese, Cool Ranch)

FritoLay Fritos (Original, Scoops)

FritoLay Ruffles Potato Chips (Original, Oven Baked, Cheddar & Sour Cream)

FritoLay Lay's Potato chips (Classic, Wavy, Original Oven Baked*, Sour Cream & Onion, Barbecue – Regular, Oven Baked, Wavy Lightly Salted, Lightly Salted, **Dill Pickle, Salt and Vinegar**)

FritoLay SunChips (Original, Harvest Cheddar, French Onion, Garden Salsa)

FritoLay Tostitos Tortilla Chips (Original Restaurant Style, Bite Size, Scoops, Multigrain, Crispy Rounds)

General Mills Bugles (Original)

General Mills Chex Mix Snack Mix (Traditional only)

Jays Potato Chips (Original, Crispy Ridges, Curly Waves)

Jays OKe Doke Corn Puffs

Pirate's Booty

Pringles Potato Chips (Original, Reduced Fat, Barbecue, Sour Cream & Onion, Cheddar Cheese)

Sensible Portions Garden Veggie Straws or Chips (Sea Salt, Honey Mustard, Zesty Ranch)

Sensible Portions Apple Straws ^{GV}

Stacy's Pita Chips (Simply Naked, Parmesan Garlic & Herb, Cinnamon Sugar)

Terra Chips (Original) ^{GV}

Crackers

Barnum's Animal Crackers

Benton's (Aldi) Graham Crackers (Honey)

Cheeze-Its Crackers (Original, Reduced Fat, Scrabble Junior, Whole Grain, Gripz Snack Pack, Snack Mix)

Keebler Club Crackers (Original Reduced Fat, Multi-Grain)

Keebler Club Minis (Original, Multigrain)

Keebler Snack Sticks (Original)

Keebler Townhouse Light Buttery Crackers (Original, Wheat, Reduced Fat)

Keebler Zesta Saltine Crackers

Keebler Grahams (Cinnamon Crisp, Original, Honey, Sticks, Bug Bites)

Kirkland Winnie-the-Pooh animal crackers (Costco)

Nabisco Cheese Nips (Cheddar, Four Cheese)

Nabisco Premium Saltines, Soup & Oyster Crackers

Nabisco Wheat Thins (Original, Reduced Fat)

Nabisco Triscuits (Original, Whole Wheat, Reduced Fat, Hint of Salk, Original Fresh Stacks)

Nabisco Honey Maid (Graham Crackers, Honey Sticks, Cinnamon Sticks, Teddy Grahams)

Pepperidge Farm Goldfish (Cheddar, Colors, Baby, Giant, Whole Grain) – NOT cracker sandwiches

Pepperidge Farm Golden Butter Crackers

Ritz Crackers (Original) – NOT Ritz Bitz sandwiches

Sunshine Cheez Its (Original, Right Bites, Big)

Sunshine Krispy Saltines

Trader Joes – Cat Cookies, Organic Animal Crackers

Meat Snacks

Armour Pepperoni (Original, Turkey, Lower Sodium)
Slim Jim Pepperoni and Cheese
Slim Jims

Popcorn

Any microwave popcorn
Angie's Boom ChickaPop^{GV} (Air Popped Sea Salt, Light Kettle Corn, Kettle corn, Salted Caramel, Sea Salt)
Orville Redenbacher's Microwave Popcorn (Natural Simply Salted, Smart Pop Butter 94% Fat Free)
Orville Redenbacher's Original Popcorn Kernels
SkinnyPop Popcorn (Plain, White Cheddar, Black Pepper, Naturally Sweet)
Smartfood (White Cheddar Cheese Flavored Popcorn, White Cheddar Delight, Sea Salt Delight)

Pretzels

Aldi Live Gfree Pretzel Sticks or Twists^{GV}
FritoLay Rold Gold Pretzels (Classic Style, Low Fat, Fat Free): Sticks, Tiny Twists, Rods, Thins, Honey Wheat Braided
Pretzel Twists, Sourdough
Nabisco Handi Snacks Mister Salty Pretzels n' Cheez Dip
Pepperidge Farms Goldfish Pretzels
Rold Gold (pretzel twists, sticks, tiny twists, rods) – NOT pretzel 'sandwiches'
Snack Factory Pretzel Crisps (Original, Everything, Garlic Parmesan)
Snackwells Fudge Covered Pretzels (100 calorie packs)
****NO Snyder Pretzels are acceptable****

Sweet Snacks

Candy

Airheads Bars: Extremes, Sweetly Sour (Perfetti Van Melle USA Brand)
Andees Mints Tootsie Roll Brand (Crème de menthe, Peppermint, Cherry)
Bottle Caps
Candy Canes (DumDums, Hershey's Chocolate Mint, Jelly Belly, Jolly Rancher, Smarties, Spangler Cherry, Spangler R&W, Spangler Mini R&W, Spangler RG&W, Sour Patch, SweetTarts, Target Wondershop Cherry, Holiday Fruity, Mini Peppermint or Peppermint, YumEarth Original or Mini)
Charlston Chews (Vanilla, Chocolate, Strawberry, Minis)
Charms Blow Pops: Assorted Bubble Gum Filled Pops, Mini Pops
Divvies Candy (<http://www.divvies.com>): Divine Chocolate Bars, Benjamin Crunch Bars, Crispy Rice Crunch Bars, Chocolate Chips
Dots (Original, **Christmas**, Sour)
Dum Dum Lollipops (Original, NO filling)
Enjoy Life Boom Choco Boom Chocolate Bars (Dark Chocolate, Ricemilk Crunch, Ricemilk Chocolate,)
Enjoy Life: Semi-Sweet Chocolate Mini Chips, Semi-Sweet Chocolate Mega Chunks, Dark Chocolate Morsels
Gimbal's Gourmet Jelly Beans (41 Flavors, Sour)
Hershey's Kisses (Milk Chocolate, Special Dark Mildly Sweet Chocolate, Milk Chocolate filled with Caramel)
Jolly Ranchers: Hard Candy (Original), CrunchnChew (Original), Chews Original, Bites (Filled Gummies, Soft & Chewy, Sour Chewy, Awesome Reds, Watermelon, Green Apple, Cherry)

Junior Mints, Junior Caramels (Tootsie Roll Brand)
Lifesaver Gummies (5 Flavors*, Collisions, Wild Berries, Sours)
M & M's (Plain only)
Mike and Ike Chewy Assorted Fruit Flavored Candies (Original Fruits, Berry Blast, Grape, Zours, Red Rageous)
Peppermint – hard candy, candy canes
Red Vines Licorice (Original Red Twists, Red & Black Mixed Bites, Black Licorice Twists, Fruit Vines Bites, Twisted Original Red)
Ring Pops (Topps brand)
Rolos
SafTPops (Spangler)
Skittles (Original, Tropical, Wild Berry, Sour, Desserts, Darkside, Orchards, Wild Berry)
Smarties Assorted Flavor Candy Rolls (Original)
Sour Patch Kids Soft & Chewy Candy (Original, Watermelon)
Sour Punch (American Licorice Co): Straws (Strawberry, Blue Raspberry, Apple, Cherry, Watermelon, Rainbow), Bites (Strawberry, Blue Raspberry, Apple), Twists (Strawberry, Blue Raspberry, Apple, Cherry)
Starburst (Original, Tropical, Fruity Slushy, Very Berry, Minis, Superfruit Flavors, Fave Reds)
Starburst Jelly Beans
Swedish Fish (Mondelez Global Brand): Original Red, Assorted Colors
Sweetarts Willy Wonka (Original, Chewy, Minis, Chews)
Sweetart Hearts (Wonka Brand – NOT Necco brand): 1.5 oz boxes, 18 oz bag, individual pouches
Tootsie Rolls (Chocolate, Fruit)
Tootsie Rolls (original)
Tootsie Roll Pop Suckers, Pop Drops, Caramel Apple Pops
Twizzlers Licorice: Twists (Cherry, Strawberry, Rainbow, Black Licorice), Bites (Mixed Berry, Cherry, Black Licorice), Nibs (Cherry, Black Licorice), PullnPeel (Cherry, Fruit Punch)
Willy Wonka: Laffy Taffy, Nerds (Original), Shockers, Bottle Caps, Gobstoppers, Runts
Whoppers Chocolate Covered Malted Milk Balls
York Peppermint Patties (NOT "Sugar Free"), Minis

Cookies

Austin Zoo Animal Crackers
Enjoy Life Crunchy Cookies^{GV} (Chocolate Chip, Double Chocolate, Sugar Crisp, Vanilla Honey Graham)
Enjoy Life Crunchy Mini Cookies^{GV} (Chocolate Chip, Double Chocolate, Sugar Crisp, Vanilla Honey Graham)
Enjoy Life Soft Baked Cookies^{GV} (Chocolate Chip, Chocolate Brownies, Gingerbread Spice, Snickerdoodle)
Enjoy Life Soft Baked Mini Cookies^{GV} (Chocolate Chip, Chocolate Brownies, Gingerbread Spice, Snickerdoodle)
Keebler Vanilla Wafers
Keebler: Deluxe Grahams (Fudge Covered), Fudge Stripe Cookies (Original, Minis, Dark Chocolate), Grasshoppers Mint & Fudge, EL Fudge Butter Sandwich Cookies w/Fudge Creme filling (Original, Double Stuffed)
Made Good Soft Baked Mini Cookies (Caramel, Chocolate Chip, Strawberry, Vanilla)^{GV}
Nabisco Barnum's Animal Crackers (Original)
Nabisco Biscos Sugar Wafers Creme Filling
Nabisco Chips Ahoy!--Original, Reduced Fat, Mini, Chewy Real Chocolate Chip Cookies, Chewy Soft Cookies (Brownie Filled, Oreó Crème Filled, Birthday Frosting Filled), Chunky (Chocolate), Candy Blasts
Nabisco Chips Ahoy Thin Crisps (100 Calorie packs)
Nabisco Fig Newtons (Original, Mini, Whole Grain, Strawberry, Triple Berry, Sweet Peach & Apricot, Fig, Fig Fat Free, Blueberry Whole Grain)

Nabisco Lorna Doone Shortbread Cookies, Cookie Crisps (100 Calorie Packs)
Nabisco Newtons Fruit Thins (Cherry Vanilla, Cranberry Citrus Oat, Blueberry Brown Sugar, Lemon Crisp)
Nabisco Nilla Wafers (Original, Mini, Reduced Fat)
Nabisco Oreo Sandwich Cookies (Original, Reduced Fat, DoubleStuff, Heads or Tails, Minis, Golden, Golden Chocolate, Birthday Cake, Mint, Golden Double Stuff, Golden Mega Stuff, Lemon, Chocolate Creme)
Nabisco Oreo THINS Sandwich Cookies (Chocolate, Golden, Mint)
Nabisco Oreo Thin Crisps (100 Calorie packs)
Nabisco Handi Snacks Oreo 'Cookie Sticks 'n Creme Dip
Nabisco Pinwheels Pure Chocolate and Marshmallow Cookies
Pepperidge Farm: Milanos (Milk Chocolate, Dark Chocolate, Mint Chocolate, Minis, Double Chocolate, Dulce de Leche, Orange Chocolate, Raspberry Chocolate), Chessmen, Brussels, Bordeaux, Gingerman, Shortbread, Sugar Salerno Butter Cookies

Frozen Treats

Breyer's Ice Cream (Vanilla, Chocolate, Strawberry, Chocolate chip, Mint chip, Coffee)
Creamsicle 100 Calorie Bars - The Original Cream Bars (Orange, Raspberry)
100% Fruit Juice Popsicles
Fudgsicle Original Fudge Bars/Pops
Fun Pop Fruit Flavored Freezable Beverage Assorted Flavors (Alamance Foods brand) • Healthy Choice Fudge Bars (ConAgra brand)
Ice cream cups (vanilla, strawberry sundae, chocolate sundae, sherbet, rainbow)
ICEE Freeze J&J Snack Foods (Cherry, Blue Raspberry, Sour Apple)
Kemp Ittibitz (like dippin dots, made at its own facility separate of Kemp ice cream, available at Sam's and Walmart)
JelSert Brand: Flavor Ice, Pop Ice, Frootee Ice Freezer Pops, Kool Pops, Jolly Rancher Freeze Pops (Any Flavor)
Luigi's or Lindy's Real Italian Ice (Lemon, Strawberry, Orange, Cherry, Blue Raspberry, Watermelon, Fat Free Blue Raspberry, Fat Free Watermelon)
Market Pantry (Target) Flavored Ice Pops
Market Pantry (Target): Assorted Pops (lime, orange, grape, cherry), Fruit Bars (strawberry), Blast Off Pops (cherry, blue raspberry and white lemon flavored ice pops), Tropical Pops
Nestle Orange Push ups
Nestle Outshine Fruit Bars (Grape, Peach, Lime, Lemon, Strawberry, Pineapple, Cherry, Grape, Tangerine)
Nestle Outshine Simply Frozen Yogurt Bars (Strawberry, Blueberry, Pineapple, Peach, Lemon, Mango, Strawberry Banana)
PhillySwirl Italian Ice: Swirl Stix, Swirl Popperz, Swirl Cups (All Flavors)
Popsicle Brand: Flavored Ice Pops (Orange, Cherry, Grape), Fire Cracker, Mighty Minis, Scribblers, Jolly Rancher, Marvel Avengers Assemble, Red Classic, Rainbow, Tropicals (sugar free)

Fruit Snacks & Roll Ups

Betty Crocker Fruit Roll-ups and Fruit by the Foot
General Mills Betty Crocker: Fruit Snacks, Fruit By the Foot, Fruit Gushers, Fruit Roll Ups Fruit Flavored Snacks, Mini Rolls (Any flavor)
Kelloggs Fruit Snacks (Any flavor)
Market Pantry (Target) Fruit Snacks (Strawberry, Mixed Fruit, Mixed Berry, Tropical, Wild Fruit, Fruit & Veggie)
Mott's Assorted Fruit Snacks (Original, Medleys)
Pure Organic Layered Fruit Bars[®] (Strawberry & Banana, Pineapple & Passionfruit)

Stretch Island Fruit Co: All Natural Fruit Strips (Summer Strawberry, Autumn Apple, Abundant Apricot, Orchard Cherry, Ripened Raspberry, Harvest Grape), Fruit Chews (Cherry, Raspberry, Strawberry)
Simply Balanced (Target): Fruit Strips (Strawberry, Cherry Apple, Wild Berry, Apricot, Berry Blend), Twisted Fruit Ropes (Strawberry Banana, Raspberry Lemonade), Fruit Peels (Apple Bannana , Raspberry Pineapple)
Welch's Fruit Snacks (original) – NOT reduced fat

Marshmallow/Rice Krispie Treat Bars

Kelloggs Rice Krispie Treat Bars (Original Only)

Kraft JetPuffed Marshmallows: Original, Miniature, Stacker Mallows, Jumbo Mallows, Mallow Bites (Chocolate Brownie, Chocolate Mint, Banana/Raspberry/Orange/Strawberry, Ice Cream Cone)

Made Good Crispy Squares (Caramel, Chocolate Chip, Strawberry, Vanilla) ^{GV}

Packaged Cakes

Hostess Brand (twinkles and banana twinkles, mini muffins [chocolate chip, blueberry, birthday cake], mini fruit pies, powdered donuts and frosted donuts)

Pudding/Gelatin

Hunts Snack Pack Gel Snacks (Orange, Strawberry, Cherry)

Hunts Snack Pack pudding cups (Chocolate, Vanilla, Butterscotch)

Jell-O Pudding Snack cups (Chocolate, Vanilla, Oreo, Chocolate-Vanilla Swirl)

Jell-O Gelatin Snack cups (fruit flavor)

Kozy Shack puddings

Kraft: Jello Gelatin Snacks, Jello Pudding Snack, Handi Snacks Pudding (Any flavor)

Other Foods

Bacon and eggs

Chicken

Costco pizza, pita turkey roll ups

Good & Fresh Pizza Bakery, Glenview

Hamburgers

Hot dogs – Hebrew National Hot Dogs & Rosen Buns

Jimmy Johns Sandwich Tray (NO cookies, NO chips)

Macaroni and cheese

Noodles & Company – Mac n Cheese, must ask to prepare allergy aware for nuts

Pancakes or waffle bar

Pastas

Sandwiches are fine as long healthy bread with nuts as grain is NOT USED. Basic white and wheat bread ARE acceptable.