

NICAA HEAD START

Healthy Treat List

Head Start's policy that states any classroom treats must be low in **sugar, fat, & salt**. If you plan on bringing a treat for a birthday or holiday to school, below you will find some snacks that are preapproved. All food must be store bought and in the original package, below are some ideas. **No homemade foods are allowed**. Please check with your child's teacher to see if there are any food allergies in your child's classroom. If you send something that's not acceptable it will be sent home, not used. If you want to send something but aren't sure if it would be ok, feel free to call the Health Manager- Chassidy Thrumman at 815-235-3740.

Sugar Free Popsicles

Yogurt/ Gogurts

Graham Crackers- Honey or Cinnamon

Ritz Crackers/ Town House Crackers

Cheese/ crackers

Goldfish/Gold fish Grahams- All flavors

Rice Cakes- All flavors

Animal Crackers (unfrosted)

Teddy Grahams- All Flavors

Wheat Thins- All Flavors

Cheese Nips/Cheese

Yogurt covered raisins

Pudding (sugar free)

Kix/ Berry Kix

Oyster Crackers

100 % fruit juice bars (frozen)

Flavored crackers (salsa, Chicken, Veggie, etc.)

Raisins

Pretzels

Sherbet

Carrots/Celery

Fresh Fruit

Saltine Crackers

Veggies/Ranch

Chex Mixes

String Cheese

Dried Fruit

Cheerios

Jell-O (sugar free)

Nilla Wafers

100 % fruit juice boxes

Cherry Tomatoes

Don't forget about stickers, pencils, erasers, rings, etc...

