

Eastampton Community School

Approved Snack List 2026-27

The guidelines below should be for rare and special occasions only when food will be brought into the classrooms. **This list is used for students in grades Preschool through Grade 5 during class parties or special events.** For the 2026-2027 school year, **food for student birthday celebrations are not permitted**. Please consider non-food items whenever possible. Please consult with your child's classroom teacher prior to bringing in any items.

Families, please sign that you have read and agree to the foods being served on this list for the 2026-27 school year for class parties/special occasions only. Return the slip to your student's teacher. If at any time there are updates to any allergies or reactions your child has to foods, please update the nurse's office and teacher immediately.

MOST IMPORTANT

1. It is imperative that parents keep the Nurse's Office, cafeteria, and teacher aware of any food allergies or reactions.
2. Please notify the classroom teacher of **when** you would like to bring in food items and **what** food items you are choosing. **This must occur at least 3 school days in advance of any class parties.**
3. Please verify with the teacher if there are any foods that may NOT be brought into the classroom. Please read ALL labels thoroughly, including items on this list, as manufacturers may occasionally change products. Preschool, kindergarten, and classrooms with a known nut allergy, are NUT FREE CLASSROOMS. Nut free classrooms may **not** have items with any nuts, "trace" nuts, or anything manufactured in factories with nuts. Note that nutella contains hazelnut, and is not permitted in nut free rooms.
4. All snacks should be individually packaged, and include labels with carbohydrate counts for our students with diabetes. **No home made foods permitted.**
5. Fruits and vegetables should be purchased ready to eat (i.e. vegetable trays, fruit bowls, or prewashed). **No home prepared foods please.** Remember there may be a student in your child's classroom with a fruit or vegetable allergy. Please ask your child's teacher what fruit/vegetable should NOT be brought into this classroom.
6. In younger classrooms, please be mindful of safe food choices that are not a choking hazard (i.e. grapes, popcorn).
7. You will notice that some of the items on the list are what we would refer to as "empty calorie" foods such as chips and candy. Please be mindful of encouraging healthy options. Keep things simple.

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Grade: _____

Teacher: _____ Student's Name: _____

I have read and understand that the foods listed on the "Approved Snack List" may be served in my child's classroom for class parties and special occasions. I understand that bringing in food items for student birthdays is not permitted.

Parent / Guardian Name (print): _____ Date: _____

Parent / Guardian Name Signature: _____

☐ My child has NO food allergies, intolerances, or restrictions.

☐ Due to life threatening food allergies, my child must NOT be served the following foods:

☐ Due to intolerances and/or restrictions, my child should NOT be served the following foods:

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FRESH FRUITS AND VEGGIES

- Fresh fruits and vegetables are always welcome, but should be purchased ready to eat (i.e. vegetable trays, fruit bowls, or prewashed). **No home prepared foods please. No dips please.**
- Fruit Cup Snacks - Del Monte, Dole, Bowl & Basket (ShopRite), Great Value (Walmart)
- Apple Sauce - Motts, GoGo Squeez, Bowl & Basket (ShopRite), Signature Select (ACME), Great Value (Walmart)

PRETZELS / POPCORN / CHIPS

- Soft Pretzel - Philly Soft Pretzel Factory
- Pretzels - Rold Gold, Utz, Herr's, Snyder's, Pepperidge Farm Goldfish
- Popcorn (no popcorn for PK) - Smartfood, Skinny Pop, Boom Chicka Pop, Utz, Herr's, Wise
- Corn Chips - Tostitos, Mission, Herr's
- Pirate's Booty, PopCorners, Sun Chips, Garden Veggie Straws/Chips, PopChips
- Quaker Rice Crisps/Chips

CRACKERS / BARS / COOKIES

- Pepperidge Farm Goldfish, Cheez It, Triscuit, Wheat Thins, Annie's, Good Thins, Kellogg's Club, MadeGood, Partake
- Saltines - Nabisco Premium, Bowl & Basket (ShopRite), Signature Select (ACME)
- Graham Crackers - Nabisco, Honey Maid, Teddy Grahams, Annie's, Bowl & Basket (ShopRite)
- Animal Crackers - Barnum's Animals, Stauffer's, Signature Select (ACME)
- Keebler Vanilla Wafers, Lorna Doone Shortbread Cookies, Nabisco Ginger Snaps
- Nabisco Newtons, Nature's Bakery Fig Bars, NutriGrain Cereal Bars, Signature Select Cereal Bars (ACME)
- Kellogg's Rice Krispie Treats, Bowl & Basket Crispy Rice Treats (ShopRite)
- Cookies - Oreos (no nuts or trace nuts), Chips Ahoy (no nuts or trace nuts), ECS Nutri-Serve (no nuts or trace nuts)
- abe's - Muffins

FROZEN TREATS

- Fruit Bars / Pops - Outshine, WholeFruit, Talenti, Minute Maid
- Ices - Rita's, Lindy's, Luigi's, Marinos
- Ice Pops - Pop-Ice, Fla-Vor-Ice, DeeBee's Superfruit

ICE CREAM / DAIRY

- Ice Cream Cups (vanilla, chocolate) - Breyer's, Bowl & Basket (ShopRite), Signature Select (ACME),
- Ice Cream Sandwich (vanilla, chocolate, neapolitan, cookies & cream) - Turkey Hill, Klondike, Oreo, Bowl & Basket (ShopRite), Signature Select (ACME), Favorite Day (Target)
- Ice Cream (vanilla, chocolate, neapolitan, cookies & cream) - Breyer's, Turkey Hill, Edy's, Bowl & Basket (ShopRite)
- Cheese Sticks (mozzarella, cheddar, colby jack) - Cracker Barrel, Sargento, Cabot, Horizon, Land O Lakes, Polly O, Bowl & Basket (ShopRite), Signature Select (ACME), Good & Gather (Target)
- Yogurt - Stonyfield, Gogo Squeez Yogurtz, GoGurt (prefer Simple)
- Milk
- Hot Chocolate - Swiss Miss, Nestle, Bowl & Basket (ShopRite), Great Value (Walmart), Signature Select (ACME)

DUNKIN DONUTS Baked Goods - Munchkins, Donuts

LIFESAVERS MINTS - Pep O Mint, Wint O Green

DRINKS (in addition to water and milk)

- Juice - Honest Kids, Apple & Eve, Juicy Juice, Motts
- CapriSun (prefer Roaring Waters)