

Snack and Beverages Ideas for classroom celebrations

LIST PREPARED FOR A CLASS WITH KNOWN GLUTEN INTOLERANCE

- * Always ensure food allergies of any participants are known before serving any food
- ** Check labels for traces of gluten containing foods (wheat, barley, rye) and make sure it is NOT from a facility that also process wheat, barley and rye
- *** Communicate specific brands to the families before serving
- **** When in doubt, Don't serve!

SNACKS

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| <input type="checkbox"/> Fresh fruit (trays, salads or kebobs) | <input type="checkbox"/> Nut or seed butter (with fruit or jelly) |
| <input type="checkbox"/> Fresh vegetables | <input type="checkbox"/> Dried fruit (with no added sugar) |
| <input type="checkbox"/> Yogurt (alone or as dip for fruits or vegetables) | <input type="checkbox"/> Trail mix made of nuts or seeds and dried fruit with no added sugar |
| <input type="checkbox"/> Yogurt parfaits (with fruit as topping) | <input type="checkbox"/> Cheese (with fruit) |
| <input type="checkbox"/> Frozen grapes or other fruit | <input type="checkbox"/> Hummus (with vegetables) |
| <input type="checkbox"/> Nuts or seed butter (with fruit, jelly and/or gluten free crackers) | <input type="checkbox"/> 100% Oatmeal topped with fruit or nuts (check label!) |
| <input type="checkbox"/> Gluten-free crackers | <input type="checkbox"/> Turkey or ham deli meat |
| <input type="checkbox"/> Air-popped popcorn (no added butter) | <input type="checkbox"/> Bean burritos made with 100% corn tortillas with salsa (check label!) |
| <input type="checkbox"/> Baked chips (small portions, check label!) | <input type="checkbox"/> Baked 100 % corn tortilla chips with salsa or bean dip (check label!) |

BEVERAGES

- | | |
|---|---|
| <input type="checkbox"/> Water (with ice and/or fresh fruits) | <input type="checkbox"/> Milk |
| <input type="checkbox"/> 100% fruit juice (with no added sugar) | <input type="checkbox"/> Fruit smoothies (made with frozen fruit, yogurt and a splash of honey if needs more sweetness) |