



Cottage Safe Snack Ideas

This is not an exhaustive list of all the snack ideas possible! Just a place to get ideas :)

If you have any snack questions, please don't hesitate to reach out to the following parents:

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Big Yard Snack is: dairy, egg, sesame, avocado, tree nut, and peanut free

Small Yard Snack is: **wheat/barley/rye, peaches**, dairy, egg, sesame, avocado, tree nut and peanut free

*This list is all Small Yard safe. Wheat **is** allowed in the Big Yard for summer, but we did not include wheat ideas on this list.*

Fruits	Vegetables	Legumes	Snack Ideas
Apples	Beets	Black Beans	Organic dried fruits
Apricots	Bell Peppers	Chickpeas	Freeze-dried fruits
Blackberries	Broccoli	Kidney Beans	Fruit leathers
Blueberries	Brussel Sprouts	Lima Beans	Fruit rolls
Cantaloupe	Carrots	Pinto Beans	Applesauces
Cherries	Cauliflower	Refried Beans	Coconut strips
Cranberries	Celery	Soy Beans	Organic preserves
Coconut	Corn	(edamame)	Jarred fruits
Figs	Cucumbers	White Beans	Raisins
Grapes	Cauliflowers		Plain potato chips
Grapefruits	Edamame	Grains	Plain corn tortilla chips
Guava	Eggplant		Plain Popcorn
Mangoes	Garlic	Oats	Corn tortillas
Melons	Green Beans	Quinoa	Cassava tortillas
Nectarines	Kale	Rice	Rice crackers
Olives	Lettuce		Rice cakes
Oranges	Mushrooms	Milks	Soy yogurt
Papaya	Okra		Coconut yogurt
Pears	Onions	Coconut milk	Gluten-free meat sticks
Plums	Peas	Oat milk	Gluten-free deli meats
Raspberries	Potatoes	Pea milk (Ripple)	Sunflower butter
Strawberries	Pumpkin	Soy milk	Chickpea butter
Tangerines	Radishes		Oat granola butter
Tomatoes	Spinach		Seed butter
Watermelon	Sweet Peppers		Veggie straws
	Sweet Potatoes		Sesame-free seaweed
	Squash		
	Zucchini		



Cottage Safe Snack Ideas

RECOMMENDED SNACKS!

The products listed below are safe to bring! Any exceptions in the product lines are noted. You can find most of these products on Amazon, Vons, Ralphs, and other grocery stores.

Breads/Baked Goods	Crackers/Chips	Fruit Snacks
- Little Northern Bakehouse - Carbonaut White Gluten Free Bread - Abe's Gluten-Free Muffins - Mission Corn Tortillas, Mission Gluten Free Chickpea Tortillas, Mission Gluten Free Original Tortillas, Mission Gluten Free Spinach Herb	- Hippeas puffs - Made Good crackers - Fit Joy pretzels/crackers - Every Body Eats crackers - Harvest Snaps Baked Green Pea Snacks - Snyder's of Hanover Gluten Free Mini Pretzels - The Only Bean Crunchy Roasted Edamame Snacks - Plain Fritos - Sea Salt Pop Chips - Sea Salt Veggie Straws - Cinnamon Apple Veggie Straws - BBQ Veggie Straws - Rice Crackers (Sea Salt Flavor) - Rice Cakes - Rice Crunchy Rollers - The Good Crisp Original - Biona Chickpea Snacks	- Bear fruit roll ups - That's It fruit bars (Apple & Blueberry, Apple & Cherry, Apple & Pear, Apple & Coconut) (avoid banana) - GoGo Squeeze (avoid peaches flavor) - Mott's Applesauce
Cereals		Yogurts
- Chex Cereal (Rice, Corn, Chocolate flavors only, avoid the wheat one) - Plain Cheerios - The Real Cereal Company (corn or rice)		- Cocojune brand - So delicious brand - Silk Soy Yogurt - Any soy or coconut yogurt is fine!
Bars	Butter/Spreads	Desserts/Candy
- Made Good granola bars and granola balls (anything by MadeGood is safe!) - 88 Acres bars - Blake's breakfast & granola Bars - Nature's Bakery Gluten Free Fig Bars	- Oat Haus (avoid banana) - Sunbutter - WowButter	- Allergy Smart cookies - Made Good - Enjoy Life - Yum Earth - Free2b - Partake - Gluten Free Brand Name Oreos - Sweet Loren's Cookies and Breakfast Biscuits
Meats		
- Applegate Turkey Breast - Chomps Meat Sticks		



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TRADER JOE'S

The products listed below are safe to bring! Any exceptions in the product lines are noted.

Granolas/Cereal	Crackers/Chips	Fruit Snacks
- Passion Fruit Granola with Dried Raspberry - Spiced Cranberry Granola - Very Berry Granola - Nature's Path Organic Pumpkin Seed + Flax Granola - Tiny Fruity Cuties Cereal - Steel Cut Oatmeal (frozen) - Organic Rolled Oats with Ancient Grains & Seeds	- TJ Sweet and Spicy Rice Cracker Mix - TJ Lundberg Family Farms Brown Rice Cakes - TJ Organic Brown Rice Cake Thins - TJ Mini Mochi Rice Nuggets - TJ Vegetable Root Chips (Sweet Potato, Cassava & Taro) - TJ Crunchy Pops (Potato, Pea and Corn Snack) - TJ Papadums (Lentil and Chickpea Crisps) - TJ Crispy Crunch Okra - TJ Veggie Sticks - TJ Crunchy Curls - TJ Unsalted Organic White Corn Tortilla Chips - TJ Truly Tortilla Chips (White Corn) - TJ Organic Blue Corn Tortilla Chips - TJ Ridge Cut Kettle Cooked Potato Chips - TJ Kettle Cooked Potato Chips - TJ Kettle Cooked Olive Oil Potato Chips - TJ Plantain Crisps - TJ Jerk-Style Plantain Chips - TJ Organic Jalapeno Corn & Rice Puffs - TJ Saddled Potato Crisps - TJ Giant Peruvian Inca Corn Salted Crunchy Snack - Organic Corn Chip Dippers (not elote flavor) - Chili & Lime flavored Rolled Tortilla Chips	- Chili Lime Seasoned Dried Strawberries - Fruit Leather Wraps - Pink Lady Apple Chips
Bars/Bites		Pasta/Breads
- Organic Chocolate Chip Granola Bites - Raises the Bar Chewy Granola Bar - Energy Bar Chocolate Chip GF - Organic Iced Oatmeal Baked Whole Grain Bar - Organic Chocolate Chip Baked Whole Grain Bar - Clif Kid Z Bar Iced Oatmeal Cookie - GoMacro Macrobar heartwarming retreat oatmeal chocolate chip		- Gluten Free Tagliatelle Pasta - Organic brown Rice Penne Pasta - Organic Brown Rice Quinoa Fusilli Pasta - Chickpea Fusilli Pasta - Hearts of Palm Pasta - Trader Joe's Gluten Free Baguette - Corn Tortillas - Organic Stone Ground Yellow Taco Shells
		Other
		Gluten Free Joe-Joes - Organic Roasted Seaweed with Sea Salt (not teriyaki OR "regular" flavor which contains sesame oil, organic is the only one that does not contain sesame oil. Please check the label!)



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		 -Dolmas Vine Leaves -Meatless Meatballs -Organic Hearty Minestrone Soup
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SPROUTS FARMERS MARKET

The products listed below are safe to bring! Exceptions in the product lines are noted. Manufacturers may change ingredients in their products at any time, so please double-check the label for allergens.

Sprouts Tip: Yellow gluten-free labels near the price tag help eliminate 99% of wheat/barley/rye products. Green vegan/plant-based label helps to eliminate dairy and eggs. Double-check for peanuts, tree nuts, sesame, avocado, kiwi, banana, and peaches!

Breads/Cereals	Crackers/Chips	
- Carbonaut Gluten-Free Bread - Little Northern Bakehouse Gluten Free Bread (NOT Canyon Bakehouse brand since it has eggs) - The Grain Escape Bread, Bagels, and Buns - Sprouts Organic Fruity O's Cereal - Sprouts Organic Corn Flakes Cereal - Sprouts Organic Frosted Flakes Cereal	- Quinn pretzel sticks and pretzel nuggets (sea salt, pizzeria cheezy only; avoid peanut products) - Real Food from the Ground Up Products - Wowza Crunchy Rice Crisps - Barnana Plantain Chips - Sprouts Garlic And Herb Plantain Croutons	- Lundberg Organic Brown Rice Cakes - Lundberg Organic Rice Cake Minis (not the white cheddar flavor) - Lundberg Rice Chips (not sesame) - Sprouts Organic Brown Rice Cakes - Sprouts Veggie Straws - Sprouts Veggie Chips - Sprouts Plantain Chips
Bars/Bites	Butter/Spreads	Desserts/Candy



Cottage Safe Snack Ideas

- Bobo's Fig Bars (**other Bobo products contain allergens**)
- KIND Kids School-Friendly
Chocolate Chip or Blueberry
Muffin Bars

- Kokada Coconut Spread
- OatHaus spread
- Sunbutter
- Once Again Sunflower Seed
butter

- Jack's Paleo
Kitchen/Allergen-Friendly Baked
Sweets