

# SHAFER ELEMENTARY SCHOOL



William S. Mudlock, Principal  
49 S. Liberty Street  
Nazareth, PA 18064  
(610) 759-5228  
(610) 759-2253 Fax  
[www.nazarethasd.k12.pa.us](http://www.nazarethasd.k12.pa.us)



---

## Approved Snack List for 2024-2025 SY

Dear Shafer Parents,

Severe food allergies significantly impact many school-aged children. Allergic reactions can be life threatening, and in some cases, even deadly. Shafer has many students that cope with severe food allergies daily. It is our belief to be proactive in our approach to ensure the safety and well-being of our students that have food allergies. Included below is an approved snack list that will be followed by all students and staff at Shafer Elementary School. The attached snack list has been vetted as peanut, tree nut, dairy and egg free\*. The approved list will be monitored throughout the school year and any changes that are made to the list will be shared directly with parents via email and posted on the web page. For additional information regarding food allergies, please visit [snacksafely.com](http://snacksafely.com).

I sincerely appreciate your understanding and flexibility with the following of Shafer's snack list. It is necessary that we provide a safe, healthy, and secure school environment for everyone that attends Shafer Elementary. Thank you for your continued support!

Respectfully,  
William Mudlock, Principal

---

### **"Dry Snack List"**

Rold Gold pretzels  
Snyder's Pretzels  
Utz Pretzels  
Scooby-Doo Baked Graham Crackers  
Teddy Grahams  
Nabisco Triscuits/Wheat Thins  
Nabisco Vegetable Thins  
Nature's Bakery Fig Bars

---

### **Fruit/Vegetable Snack List**

Peaches  
Snap Peas  
Bananas  
Sun Maid Raisins  
Grapes  
Oranges  
Carrots  
Kiwi

### **“Dry Snack List Cont.”**

Cheerios  
Barnum Animal Cookies  
Stauffer's Animal Crackers  
Keebler Snack Stix  
Natures Promise Dried Cranberries  
Saltines  
Oreos and Oreo Dippers  
Kellogg's Pop Tarts  
Crunchmaster Multi-Grain Crackers  
Annies Pretzels  
Betty Crocker Fruit by the Foot/Fruit  
Roll-Ups/Gushers  
Dr. Lucy's Snack 'N Go packs  
Kinni Kritters Animal Cookies  
Ritz Crackers  
Snack and Go Packs by Lucy's  
Enjoy Life Brand Cookies/Bars  
Sunsweet Dried Mangos  
Harvest Snaps Green Pea/Lentil Bean Crisps  
Smart Popcorn(plain)  
Giant Brand Graham Crackers  
Slammers by go gourmet  
Made Good Granola Bars, Crispy Squares  
Cinnamon Toast Crunch Dry Cereal  
Sensible Portion Veggie Straws  
Kim Nori Seaweed Snack  
Aldi Simply Nature Fruit Strips  
Yum Earth Fruit Snacks  
Nature's Bakery Fig Bars  
Dare Foods Bear Paws Snacks  
Nature's Promise Veggie Straws  
Boom Chick-A Popcorn  
Skinny Popcorn  
Enjoy Life Seed & Fruit Mix  
JayOne Crunchy Rice Roll  
OH SNAP! Dilly Bites  
Kashi Organic Super Food Bites  
K-Toos Cookies  
Home Free Treats  
Belvita Bites Breakfast Biscuits  
The New Primal Beef Sticks  
Crispy Green Fruit Snacks  
Partake Cookies  
Made Good Strawberry Snack Squares  
Cascadian Farm Organic Bars

### **Fruit/Vegetable Snack List Cont.**

Pears  
Green/Red/Yellow Peppers  
Apples  
Celery  
Tangerines  
Plums  
Cherries  
Pineapple  
Annies Fruit Gummy Snacks  
Annies Orchard Fruit Bites  
SunRype 100% Fruit Strips  
Mott's Fruit Snacks  
Go Go SqueeZ Products  
Watermelon  
Snap Peas  
Strawberries  
Cantaloupe  
Blueberries  
Cucumbers  
Nature's Promise Organic Fruit  
Brother's All Natural Freeze Twists  
Black, Kidney and White Beans  
Chickpeas  
Mangoes  
Blackberries  
Raspberries  
Green/Yellow Beans  
Nectarines  
Cauliflower  
Broccoli  
Tomatoes  
Squash  
Avocado  
Kosher Dill Pickles  
Natures Promise Fruit Pouches  
Wegman's Brand Applesauce  
Member's Mark Fruity Snacks  
Lettuce  
Mushrooms  
Spinach  
Brussel Sprouts  
Bell Peppers

\*The items on this snack list are continuously monitored to the best of our ability for our student's safety.

Updated as of Oct. 2023