



Snacks & Allergies Handbook



Snacks/Allergies

Enjoying a small snack or a cold popsicle together each day is a simple way to enhance the children's Rock the Block experience. When selecting snacks, consider any allergies or dietary restrictions of your participants. For the safety of all children, Rock the Block sites should be "NUT-FREE." This means that all snacks served should not contain nuts. Please check all ingredient lists on containers carefully to ensure snacks are completely nut-free. Also, be very aware of any allergies a child may have. Parents should indicate any allergies on the Registration form.

The following is a list of suggested snacks:

- Popsicles (frozen ice pops are cheap and the kids love them!)
- Cheez-Its
- Animal Crackers
- Goldfish
- Pretzels
- Chex Mix



For a complete list of safe, nut-free snacks, check out the following website: <http://snacksafely.com/snacklist.pdf>

BE SURE TO CHECK WITH PARTICIPANTS' PARENTS TO DETERMINE IF THEY HAVE ANY SPECIFIC ALLERGIES, INCLUDING FOOD, INSECTS, GRASS, ETC.

Water Bottles

We suggest having a few cases of disposable water bottles available for anyone at your event to be able to have. If available, having these water bottles iced down would be wise. We would suggest having a permanent marker close by to label anyone's water bottle so they do not get mixed up with others.

A Special Note About Sunscreen and Bug Sprays

Do not apply or spray a child with sunscreen or bug spray. This brings up two unique challenges: one is the potential for inappropriate physical touch, and the other is a child's potential allergy towards aerosols.

****Parents should indicate any allergies on the registration form.*