



Plant-Based Foods/Drinks onsite at the Sanctuary:

As a gentle reminder, The Sanctuary Forest School is a plant-based school, a choice made in alignment with the mission and humane efforts of Unity Farm Sanctuary, where we are proud to be rooted. By embracing plant-based meals, we honor the lives of the animals who call the sanctuary home and model compassionate, sustainable choices for our children.

To support caregivers in packing nutritious, child-friendly meals, you can find our recommendations for plant-based lunches and snacks here. These ideas are simple, wholesome, and designed to keep little explorers energized and satisfied throughout their day outdoors.

The Sherborn Health Department reminds us all to have safe temperatures for perishable food. Because you will not have animal dairy or meat, that is easy! Please select foods you know your child already enjoys.

We have bottled water available to refill the student water bottles.

The Sanctuary Forest School Yurt is a completely nut free facility

[Containers like this](#) can help you send foods and snacks in an eco way, or try popular [“bento” containers](#)

- Fruit, such as apple slices, banana, strawberries, blueberries, melon cubes, mandarin orange slices
- Dried fruit such as raisins, cherries, pineapple, papaya, even cantaloupe
- Freeze-dried fruit can be a fun crunchy occasional fruit variation - easy to find apple chips
- Vegetables that are age-appropriate cut-sizes for non-choke risk, such as baby carrots or carrot sticks, cherry tomatoes, sweet mini peppers, mini cucumbers or cucumber sticks, celery, cooked sweet potato spears etc.
- Plain Hanover pretzels (not the butter version)
- Dips like plain hummus or applesauce are great for veggies, pretzels or pita to pair with them. (Sunbutter is nut free)
- Josephs Mini-Pita Original is an egg/dairy free pita bread
- Mission Taco Size flour tortillas are free of animal products
- Animal crackers - box stores have them in large jars!
- Fruit-based and nut-free bars like [Nature's Bakery](#)
- Organic granola bars like [Made Good](#), or their other products

- [Oat Bites from Bobo's](#) are another option (not all BoBo's products are plant based or nut free)
- Fruit juices
- Fortified oat milk, rice milk, soy milk.

Other less "whole foods" (and more "processed" options) that you might not actually send to school but still may want to know what is plant based in general

- Oreos (Original, Birthday Cake, Double Stuff, Golden and Thins)
- Daiya [plant-based cheez sticks](#)
- Babybel plant-based [cheese rounds](#)
- Pop-Tarts (Unfrosted Strawberry)
- Pringles (Original)
- Ritz crackers (Original)
- Rold Gold pretzels
- Plan tortilla chips with corn as the basic ingredient
- Ruffles potato chips (Original and All Dressed)
- Saltine crackers
- Skinny Pop popcorn (plain, not White Cheddar)
- Smarties
- belVita Crunchy Breakfast Biscuits
- Clif Bars (omit any with nuts)
- Doritos (Spicy Sweet Chili flavor, but not cheese)
- Fritos (Original and BAR-B-Q)
- Fruit by the Foot
- Girl Scout Thin Mint cookies from ABC Bakers
- Haribo Sour S'ghetti Gummi Candy
- Lays potato chips (Classic, Barbecue, Lightly Salted Barbecue, Salt & Vinegar and Wavy)
- Nabisco Ginger Snaps
- Sour Patch Kids and Sour Patch Watermelon
- Rice crackers
- Cascadian Farm Organic Purely O's Cereal
- SunChips (Original version in blue bag)
- Swedish Fish
- Takis (Fuego and Nitro flavors)
- Thomas' New York Style Bagels (Blueberry, Cinnamon Swirl, Everything and Plain)
- Triscuit crackers (Original, Fire Roasted Tomato & Olive Oil and Rosemary & Olive Oil)
- Many varieties of traditional nut-free granola bars, for example: Nature Valley Crunchy Granola Bars (Apple Crisp, Cinnamon, Maple Brown Sugar) No honey and no nuts please.

There are many foods naturally already free of meat, dairy, cheese and eggs, if you have any questions please inquire.