

NO-NO FOOD LIST

(TO BE POSTED ON YOUR REFRIGERATOR DOOR)

FOOD FOR THOUGHT...

ICE- A thousand times NO! It's known for breaking brackets!

PIZZA CRUST- If it's too hard it will bend your wires.

HARD PRETZELS- If it's too hard it will bend your wires.

DORITOS, CHEETOS, FRITOS AND TOSTITOS- Will potentially break your brackets!

BUBBLEGUM, TAFFY, CARAMEL, STARBURSTS- Too sticky!!

HARD ROLLS, TOASTED BAGELS, FRENCH BREAD- Too hard!

BEEF JERKY- Too tough!

LOLLIPOPS and CANDY- Too sticky! Too hard!! Too much sugar!!!

NUTS- Too hard! (Almonds especially!)

RIBS and WINGS – Remove the meat from the bone!

APPLES and CARROTS – Cut into small bite size pieces.

CORN ON THE COB – Cut it off the cob!!

THE BIGGEST NO-NO OF THEM ALL IS....



POPCORN!!!

