



Several students at Beartooth adhere to a gluten-free diet due to allergies. Many parents have asked for gluten-free snack ideas. Below is a list of gluten-free snack suggestions compiled by Beartooth parent Nancy Wheeler. We hope you will find it helpful.

Gluten-Free Snacks:

Fresh fruit – most fruit cups are gluten-free, too

Fresh vegetables

Cheese – sticks, shapes, string, etc.

Raisins – Sun-Maid

Applesauce – most brands without added flavorings are gluten-free

Chewy Fruit Snacks – most brands are gluten-free.

Betty Crocker has several “Gluten-Free” mixes and is clearly labeled on the front of the box!

Juice – most brands (especially “100% juice”) are gluten-free

Yogurt – most brands without any added toppings; Stoneyfield’s, Yoplait Go-gurt, Trix, Dora

Rice Cakes

Corn Thins

Cereal – Make a trail mix with cereal, raisins, M&Ms, etc. Some Chex cereals are now gluten-free but to make sure, it should say “Gluten-Free” on the box: Rice Chex, Honey Nut Chex, Chocolate Chex, Cinnamon Chex; Erewhon Brown Rice Crisps; Koldo Crisp; Panda Puffs; (Kellogg’s original Rice Krispies is not gluten-free. Be sure to purchase the new Gluten-Free Rice Krispies. It is clearly labeled as such on the front of the box.)

Popcorn – most brands are gluten-free; Smart Pop Orville Redenbacher’s, Jiffy Pop, Act II (except extreme butter)

Kettle corn – LesserEvil Classic, Orville Redenbacher’s

Gelatin cups – Jell-o, Wegman’s brand

Pudding cups – Jell-o, Swiss Miss, Hunt’s, Wegman’s

Potato chips – Most brands without added flavorings are gluten-free; Lays original, Lays Staxx, Wegman’s, Utz, Ruffles, French’s potato sticks; (Pringles are not gluten-free.)

Tortilla Chips – most brands without added flavorings are gluten-free; Tostitos, Mission, Wegman’s

Corn Chips – Fritos, Wegman’s

Other snacks – Cheetos, Original Tings, Pirate’s Booty, Cheddar Airs