



## Lower and Middle School Safe Snack Suggestions

According to the St. George's Episcopal School Nut Aware Policy

\*These are suggestions for snacks that are tree nut and peanut free and/or made in a facility that does not also process any nuts.

\*Always read labels for most current/accurate ingredient info.

\*No homemade snacks allowed, even if made with nut-free ingredients

### Dry Snacks:

- Goldfish
- Saltine crackers  
(*Not* Nabisco)
- Breton Crackers
- Tostitos
- Doritos
- Ruffles
- Pringles
- Skinny Pop
- Pirate's Booty
- Rold Gold Pretzels
- Lays Chips
- Skeeter Snacks
- Enjoy Life brand
- MadeGood brand
- Free 2 Be brand
- Divvies brand

### Special Snacks to Share w/Class

- Lofthouse Cookies (*not* cupcakes)
- My Dad's Cookies (dairy free, nut free, gluten free, kosher, non gmo)
- Hostess Cupcakes
- Most Entenmann's Donuts and Mini Muffins (blueberry, chocolate, birthday cake flavors)
- JCB will make cookies or cakes without nut products upon request. This bakery does not guarantee a nut free facility.
- Shipley's Donuts (Metairie location only)
- Raising Cane's Chicken
- Papa John's Pizza

### Dairy/Cold Snacks:

- Veggies
- Fruit
- Gogurt
- *SOME* Jello pudding cups
- Applesauce/Fruit Squeezers
- Fruit Cups
- Jello gelatin
- String cheese

### Nut Butter Alternatives:

- Soy butter
- Wowbutter
- Sunbutter
- Don't Go Nuts Spread
- Sneaky Chef No Nut Butter

### Candy:

- Starburst
- Skittles
- Smarties
- Haribo Gummies
- Rolos
- Tootsie Rolls & Pops
- Fruit roll ups
- Ring Pops
- Dum Dums
- Jet Puff Marshmallows
- Pez
- Lifesavers
- Jolly Ranchers
- Vermont Nut Free Chocolate