



APPROVED SNACK LIST

2023-2024

Student Brought Snacks

As Porter-Gaud strives to provide an inclusive and safe environment that is "allergy aware," we ask that students and parents do everything in their power to provide snacks that are nut-free. Please always consult packaging for allergen warnings, and when in doubt, do not send an item to school. In order to better facilitate nut-free snacking, we have outlined many specifically excluded snacks and provided an approved nut-free snack list. All student-brought snacks should come from the below list.

Approved Nut-Free Snack List

- +Fresh Fruit/Vegetables
- +Raisins/Dried Fruit
- +Cheese (stick, cube, sliced, round)
- +Roasted Chickpeas
- +Beef Jerky/Turkey Jerky
- +Applesauce/Fruit Pouches
- +Popcorn (no popcorn mixes containing nuts) - Smartfood, PopCorners
- +Pretzels (no peanut butter filled)
- +Chips (not fried in peanut oil) - SunChips, Cheetos, Pringles, Doritos
- +Vegetable-based Snacks - Veggie Straws, Pirate's Booty
- +Crackers – saltines, Ritz (plain), Wheat Thins, Triscuits, Goldfish, Cheez-Its, Annie's Organic Bunnies, Annie's Organic Cheddar Squares, (nothing by Keebler)
- +Cookies – ginger snaps, sugar wafers, Biscoff, Lorna Doone, Barnum's Animal Crackers, Nilla Wafers, Oreos (original flavor only)
- +Graham Crackers - Teddy Grahams
- +Fruit-filled Bars - Nutri-Grain, Nature's Bakery, Fig Newtons
- +Fruit Snacks/Bars - Welch's Fruit Snacks, ZEGO, That's It, BEAR, Pure Organic
- +Bare fruit and veggie chips
- +Quaker Rice Cakes
- +Entenmann's Little Bites Muffins
- +Chex Mix (original flavor only)
- +Nature Valley Granola Bars (Oats & Honey flavor only)
- +belVita Breakfast Biscuits (not the nut butter filled sandwiches)
- +Anything made by Made Good, Enjoy Life, Yum Earth, and Zee Zee's

For those with food allergies or sensitivities, please be aware that ingredients are subject to change, so caution is advised before purchasing and consuming the products listed above.

Specifically Excluded Snack Foods

- +Peanuts
- +Any form of tree nuts - almonds, cashews, walnuts, pistachios, hazelnuts, macadamia nuts, pine nuts, etc.
- +Peanut Butter in any form - peanut butter crackers, Nutter Butters, Uncrustables, etc.
- +Other Nut Butters in any form - almond butter, cashew butter, etc.
- +Nutella in any form
- +Candy or Trail Mixes that contain peanuts or peanut butter - Snickers, Reeses anything, Peanut M&Ms, Butterfinger, PayDay, etc.
- +Baked goods (as these can often be made in a facility with nuts or contain nuts)