

## NUT-FREE SNACK LIST

Please avoid snacks that contain peanuts, peanut flour, peanut oil or peanut butter or other nuts. This includes snacks with almonds, coconuts, sunflowers, filberts, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, and walnuts. (Tree nuts)

Quick check brands: Kellogg's, Keebler, General Mills, Betty Crocker and Quaker Oats brands are excellent at calling out allergens in a box: Example: CONTAINS PEANUT AND EGG INGREDIENTS.

Thank you for your consideration and support in keeping the food-allergic child safe from having a life-threatening allergic reaction at school.

### A. FRUIT/VEGETABLES

- \* Any fresh fruit (apples, oranges, bananas, grapes, pears, plums, clementine's, strawberries, melons, berries, etc.)
- \* Raisins, Craisins and other dried fruits
- \* Fresh vegetables (baby carrots, celery sticks, grape tomatoes, cucumber slices, broccoli, pepper strips, etc.)

### B. CHEESE/DAIRY

- \* String cheese or other cheeses (1 oz.)
- \* Kraft Handi-snacks with cheese (with red sticks)

***\*\*Be careful with any other type of pre-packaged cheese and cracker sandwiches, most contain nuts/traces of nuts***

### C. CRACKERS/SNACK ITEMS

- \* Triscuits, Wheat Thins, Vegetable Thins (all flavors)
- \* Ritz crackers/dinosaurs/sticks (NOT Ritz bits or sandwiches)
- \* Ritz Crackerfuls (Classic cheddar, Four cheese, Garlic herb)
- \* Town House, Club, Toasteds
- \* Cheez-Its, Cheese Nips, Better Cheddars
- \* Saltines, Oyster crackers

Please note: **Food labels/ingredients may change over time**, so it is always recommended that you read the label before purchasing snacks. Please read labels carefully to make sure that products are nut free. This includes labels that read "May contain traces of peanuts/nuts".

Nut Free Snacks

- \* Wheatables, Air Crisps, Munch'ems, Keebler Snack Stix
- \* Kashi Tasty Little Crackers (TLC)
- \* Breton brand crackers
- \* Goldfish crackers
- \* Annie's Bunnies
- \* Graham crackers, Graham cracker sticks

- \* Teddy Grahams or Teddy Graham character brand
- \* Animal crackers (Austin Zoo, Barnum)
- \* Vanilla wafers
- \* Cheerios (NOT Honey Nut or Frosted)
- \* Chex (Rice, Corn, Wheat)
- \* Cinnamon Toast Crunch
- \* Corn Flakes
- \* Crispix
- \* Frosted Mini-Wheats
- \* Kashi (Go Lean Crunch, Good Friends, Cinnamon Raisin Crunch, Heart to Heart)
- \* Kix
- \* Life (Not Vanilla Yogurt Crunch)
- \* New Nabisco 100 Calorie Packs – Yogurt flavored pretzels
- \* Nabisco Toasted Chips Ritz snack mix
- \* Wheaties
- \* Other unsweetened cereal without nuts
- \* Small bagels (Lenders or Thomas brand) with cream cheese ( no nut type)
- \* Popcorn
- \* Pretzels
- \* Nutrigrain cereal bars/yogurt bars
- \* Special K Bars (NOT Honey Nut)

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#### Nut Free Snacks

- \* Special K Snack Bites
- \* Fig Newtons (all flavors)
- \* Rice Cakes (NOT Quaker brand)
- \* Quaker Quakes (mini rice cakes)/Mini Delights (all flavors)
- \* Potato Soy Crisps
- \* Gensoy Soy Crisps
- \* Cheez-It Party Mix/Munchie Party Mixes

#### **D. DONUTS/MUFFINS (no grocery bakery items)**

- \* Krispy Kreme/Lamar’s glazed donuts
- \* Hostess brand (powder, frosted or glazed)
- \* Muffins – mini or regular – Hostess

#### **E. CHIPS**

- \* Bugles
- \* Cheetos
- \* Doritos
- \* Fritos
- \* Potato chips
- \* Pringles

- \* Sun Chips
- \* Tostitos

## **F. CAKES/CUPCAKES**

- \* Hostess cupcakes
- \* Hostess Twinkies, Ho Hos, Ding Dongs

## **G. COOKIES**

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Nut Free Snacks

- \* Kellogg's brand Rice Krispie Treats (original)

## **H. OTHER**

- \* Fruit snacks (twists, gushers, roll-ups, etc.)
- \* Pop Tarts
- \* Pop Tarts Snack Sticks
- \* Yogos/Yogos Rolls
- \* Sweetened Cereals: Corn Pops, Fruit Loops, Captain Crunch (reg.), Apple Jacks

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