



## Nut-safe Snack Guide

Fresh fruits (apples, oranges, banana, grapes, watermelon, cantaloupe, pear, kiwi, blueberries, etc.)

- ❖ Please prepare in nut-free environment

Fresh vegetables (carrots, celery, broccoli florets, bell pepper strips, cherry tomatoes)

- ❖ Please prepare in nut-free environment

Applesauce cup or pouch

Canned fruits and vegetables (look for “in it’s own juice” or “in water”)

Fruit Cups

Raisins

Dried Fruit

Lunch meat

Cheese (string, cube, sliced)

- ❖ Please prepare in nut-free environment

Yogurt tube or pouch (cups are OK as long as they are free from granola, cookies, etc)

Examples of specific brands:

- Quaker Quakes Rice Snacks – Caramel Corn, Ranch, Sea Salt & Cracked Black Pepper, Kettle Corn, Chocolate, Sweet Chili, Cheddar Cheese, Sour Cream & Onion
- Chips/Crackers: Bachman Pretzels, Baked Ruffles, Pringles, Triscuit, Rold Gold Pretzels, Goldfish Crackers, Baked Ruffles, Cheetos, Wheat Thins
- Frozen snacks: Edy’s & Breyers fruit bars, Minute maid juice bars, Luigi’s or Marino’s Italian ice cups, Vanilla ice cream (Breyers, Blue Bunny, Edy’s, Hy-Vee), Hershey’s chocolate and caramel syrup, Reddi-wip whipped topping
  - Please note, your child’s classroom may have a student with a dairy allergy. Please check before sending ice cream
- Pirate’s Booty
- Veggie Straws
- Enjoy Life Foods
- Oreos – Original, Double Stuf
- Chips Ahoy – Chocolate Chip, Reduced Fat, Candy Blasts, Chunky, Chewy, White Fudge Chunky, Mini
- Lofthouse cookies (found at Piggly Wiggly in Deli Section)
- Fruit snacks: Welch’s, GM, Kellogg’s, Betty Crocker, Annie’s Organic, Cliff Kid organic
- Barnum’s Animal Crackers
- Newtons
- Lorna Doone
- Hershey’s Chocolate Bars – 1.55 oz Bars (Note: other sizes may not be safe) •
- Hershey’s Chocolate Kisses – Plain, Special Dark

For more information, please reference [www.snacksafely.com](http://www.snacksafely.com) or contact Nurse Beth

\*Please always check labels as ingredients can change

\* Items may NOT contain nuts or be made in a facility that uses shared equipment

\*Swallow does not promote certain brand names nor does it consider all items on this list to be healthy