

Peanut/Tree Nut Free Safe Snack Suggestions

Please avoid snacks that contain peanuts, peanut flour, peanut oil, peanut butter and tree nuts. Tree nuts include: almonds, cashews, pistachios, hazelnuts, walnuts, pine nuts, Brazil nuts, coconut, etc.

Strict avoidance is the only way to prevent a severe allergic reaction.

Important note: Food label/ingredients may change over time, so it is always recommended that you read the label before purchasing snacks to assure that products are nut free. Most brands have a warning statement or allergen lists. Be aware of phrases like this:

“May contain peanut or tree nuts.”

“Processed on shared equipment with peanuts or tree nuts.”

“Manufactured in a plant that also processes peanuts or tree nuts.”

“Contains peanut or tree nuts”

Thank you for your support in helping to maintain a peanut/tree nut free classroom.

FRUIT/VEGETABLES

Fresh fruit (apples, oranges, bananas, grapes, etc.)
Apple Sauce
Fresh vegetables (carrots, celery, cucumber, etc.)
Pickles, Olives
Raisins / Craisins

CHEESE/DAIRY

Cheese (String Cheese, Laughing Cow, etc.)
Cottage Cheese
Cream Cheese
Kraft Handi-snacks with cheese
Pudding
Yogurt, Yogurt Tubes, Drinkable Yogurt

CRACKERS

Annie's Cheddar Bunnies
Bamboo Lane Crunchy Rice Roller
Breton brand crackers
Cheez-Its, Cheese Nips, Better Cheddars
Club Crackers
Goldfish crackers
Munch'ems
Oyster crackers
Ritz crackers
Town House Crackers
Triscuits
Vegetable Thins
Wheat Thins
Wheatables

BREAD

King's Hawaiian Rolls (ALL)
Lender's Bagel

CEREALS

Apple Jacks
Captain Crunch
Cheerios (Original)
Chex (Rice, Corn, Wheat)
Cinnamon Toast Crunch
Corn Pops
Crispix
Frosted Mini-Wheats
Fruit loops
Kashi Heart to Heart
Kix
Life
Wheaties

BARS

Don't Go Nuts Bars (ALL)
Enjoy Life Granola Bars (ALL)
Made Good Brand Granola Bars / Minis (ALL)
Nutrigrain cereal bars/yogurt bars
Special K Bars / Snack Bites

DIPS/SPREADS

Don't Go Nuts (ALL)
Hummus
Salsa / Guacamole
Sun Butter / Wow Butter
Wise Nacho Cheese Dip

RICE SNACKS

Quaker Quakes Rice Snacks, Caramel Corn, Ranch,
Kettle Corn, Chocolate, Sweet Chili, Cheddar Cheese,
Sour Cream & Onion

Peanut/Tree Nut Free Safe Treat Options (for Parties, etc.)

Please avoid treats that contain peanuts, peanut flour, peanut oil, peanut butter and tree nuts. Tree nuts include: almonds, cashews, pistachios, hazelnuts, walnuts, pine nuts, Brazil nuts, coconut, etc.

Please attempt to select classroom treats for parties that everyone in the class can enjoy. Check with your child's teacher to understand specific food allergies in the classroom to keep all children safe and included.

CAKES/PASTRIES

Entenmann's Donuts / Mini-Donuts
Hostess Cupcakes, Ding Dongs, Twinkies, Donuts
Kellogg's Pop Tarts
Lofhouse Cupcakes

CHIPS

Cheetos - Crunchy, Puffs, Honey BBQ & Baked
Doritos - Nacho Cheese, Cool Ranch, Spicy Nacho
Fritos, Original, Classic Ranch & Scoops
Pirate's Booty Aged White Cheddar, Sour Cream & Onion, New York Pizza
Sun Chips- Original, Garden Salsa, Harvest Cheddar & French Onion
Lay's - Classic, Barbecue, Sour Cream & Onion, Cheddar & Sour Cream, Salt & Vinegar & Honey BBQ
Pringles Original, Reduced Fat, BBQ
Ruffles Original, Sour Cream & Onion, Cheddar & Sour Cream
UTZ BBQ, Cheddar & Sour Cream, Honey BBQ, Salt & Vinegar, Salt and Pepper

PRETZELS

Newman's Own Salted Sticks, Salted Pretzel Rounds, Unsalted Pretzel Rounds, Spelt Pretzels
Rold Gold Thins, Sticks, Rods, Tiny Twists, Lightly Salted Tiny Twists, Tiny Twists Cheddar, Tiny Twists Honey Mustard, Sourdough, Honey Wheat, Cheesy Garlic
Utz Butter Waffle, Nuggets, Pop'z, Rods, Wheels, Honey Wheat Braided Twist Cinnamon, Country Stix

POPCORN

BoomChicaPop - Sea Salt, Sweet & Salty
Kettle Corn, White Cheddar, Real Butter
SkinnyPop - Original, Aged White Cheddar, Pepper Jack, Sweet and Salty Kettle & Real Butter
Smartfood - White Cheddar, Reduced Fat, Movie Theater Butter
Wise - Butter, Cinnabon, Hot Cheese, Sea Salt, White Cheddar

COOKIES

Animal crackers (Austin Zoo, Barnum)
Annie's Bunnies Grahams
Enjoy Life Cookies (ALL)
Fig Newtons (all flavors)
Graham crackers (Cinnamon, honey, chocolate)
Keebler: Fudge Stripes, Fudge Grahams, E.L. Fudge
Kellogg's brand Rice Krispie Treats (original)
Lofhouse Cookies (Bakery Section)
Nabisco: Nilla Wafers, Belvita, Ginger Snaps
Oreos (regular, golden, mint, s'more, chocolate)
Teddy Grahams

FROZEN TREATS

Breyers Pure Fruit Bars / Dole whole fruit bars
Creamsicle No Sugar Added Pops
Dole whole fruit bars
Fudgsicle, The Original Fudge Pops
Go-GURT Yogurt
Klondike Bars (Original)
Luigi's Lemon/Strawberry Real Italian Ice
Minute Maid, Tropicana Juice Bars
PhillySwirl, ICE MixitUp, Lemonade Swirls, SwirlStix
Popsicle, Ice Pops, Orange, Cherry, Grape flavors

MISCELLANEOUS

Swiss Miss Classic Milk Chocolate Hot Cocoa
Nestle Milk Chocolate Hot Cocoa
Hersey's 100% Cocoa
Kraft, Jet-Puffed Marshmallow

* IMPORANT: Product formulations may change so ALWAYS double check the package to ensure the item is not processed in a facility that also processes nuts.

Peanut/Tree Nut Free Safe Treat Options (for Parties, etc.), Continued

CANDY

Air Heads
Blow pops
Candy Canes (Spangler brand)
Charleston Chew
Cotton Candy (Parade brand)
Cow Tales
Dots
Dum-Dum suckers
Fruit snacks (twists, gushers, roll-ups, etc.)
Gum
Gummy Bears/Worms
Hersey Kisses – Milk Chocolate
Jolly Ranchers
Junior Mints
Kraft Caramels
Laffy Taffy
Licorice (Twizzlers or Red Vine)
Life Savers (hard and gummy)
Mike and Ike's
Milk Duds
Mints
Nerds
Pixie Sticks
Ring Pops
Rolos
Runts
Sixlets
Skittles
Smarties
Sourpatch Kids
Spree
Starburst
Starburst Jelly Beans
Swedish Fish
Tootsie Rolls / Pops
Twizzlers

FROZEN TREATS

PhillySwirl, ICE MixitUp, Lemonade Swirls, SwirlStix
Luigi's Lemon/Strawberry Real Italian Ice
Popsicle, Ice Pops, Orange, Cherry, Grape flavors
Fudgsicle, The Original Fudge Pops
Creamsicle No Sugar Added Pops
Klondike, Bars, Original
Dole whole fruit bars
Minute Maid, Tropicana Juice Bars

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Peanut /Tree Nut Free Quick List

Thank you for your extra time to keep the kids with food allergies safe and included!!

Sub Sandwiches

Jimmy John's (Across from Acme Plaza)

Contact: General Manager Derek Brown

330.844.3953

www.jimmyjohns.com

Subs ONLY

*Will offer more discount contact GM above

Jersey Mike's Subs (Acme Plaza)

(234) 380-5833

www.jerseymikes.com

Subs ONLY

*Will offer 15% discount per owner

Subway (Acme Plaza)

(330) 650-5605

www.subway.com

Donuts

Krispy Kreme (354 S Maple St)

(330) 376-5014

<https://www.krispykreme.com/>

Note: can be purchased for students with nut allergies but they are NOT dairy free

Pizza

Papa John's Pizza (Acme Plaza)

(330) 655-0888

www.papajohns.com

Large 14" 1 topping or plain pizza = \$8.00 with discount

Pizza Hut (5840 Darrow Rd)

(330) 653-3888

www.pizzahut.com

Large 14" 1 topping or plain pizza = \$7.99

Donatos Pizza (5789 Darrow Rd)

(330) 528-3030

www.donatos.com

Note: Large 14" 1 topping or Plain = \$14.29

Farinacci Pizza (86 Owen Brown St)

(330) 655-5222

<http://www.farinaccipizza.com/>

Gionino's Pizza (60 W Streetsboro St.)

(330) 650-6060

<https://www.gioninos.com/>

Note: ask that the pizza be mae in a separate area than the chicken for nut allergies

All could possibly offer more discounts on large orders but need advance notice

Always remember to double-check the label for allergen warnings.

Companies can change their ingredients or processing procedures at any time.