

## PEANUT FREE / TREE NUT FREE

Please avoid snacks that **peanut oil**, or **peanut butter** or other almonds, coconuts, filberts, Brazil nut, pecans, pine nuts, pistachios, and



## SNACK LIST

contain **peanuts, peanut flour**, nuts. This includes snacks with nuts, cashews, hazelnuts, macadamia walnuts.

*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 the products are nut free.*

***This includes** labels that read “May contain traces of peanuts/nuts” or “may be processed in a plant or on equipment that processes nuts”.*

*Most local store bakeries that make cupcakes carry a disclaimer that says “made on machinery that processed nuts or nut products”. **These cannot be brought into a Nut Free classroom.***

Suggestions for Nut Free Snacks and Treats, taken from SnackSafely.com, a monthly updated resource. Please still check the labels each time before purchasing any treat to be brought to school.

Fruits/Veggies

Drinkable yogurt or smoothies

Kellogg’s brand Rice Krispies Treats-  
Original

Teddy Grahams

Keebler Graham Bites

Special K Bar

Oreo’s

Chips Ahoy

Snackwells Nabisco 100 Calorie Packs

Popcorn

Hershey’s Chocolate Kisses

Jolly Rancher hard candy

Skittles

Smarties

Tootsie Rolls & Pops

Twizzlers

Popsicle

Fudgesicles

Dolly Madison Ice cream  
cups

Dole Fruit Bars

Your teacher will have a more inclusive list. Please check with your teacher for other specific requirements or restrictions for their classroom. Ex: candy and popsicles are not considered a healthy snack for class snack time, just parties and special events like holiday parties.

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

*Resources: SnackSafely.com, The Food Allergy & Anaphylaxis Network*