



PEANUT FREE / TREE NUT FREE SNACK LIST



Updated 9/4/2009

The following foods are considered “safe” for the classroom as of this date. However, manufacturers often change ingredients; therefore, you must **READ THE LABEL AT THE TIME OF PURCHASE** and do not bring a food into the class if the ingredients list: **peanuts, peanut flour, peanut oil, peanut butter or any other nut. This includes snacks with almonds, coconuts, filberts, Brazil nuts, cashews, hazelnuts, macadamia nut, pecans, pine nuts, pistachios, walnuts, and others.**

The importance of reading the ingredient label each time cannot be underestimated. Foods are NOT safe if the label has statements such as “May contain traces of peanut/tree nut...”, or “Made on equipment used in manufacturing or processing nut products...”, or “Made in a facility that manufactures or processes nuts...”

Kellogg’s, Keebler, General Mills, Betty Crocker, and Quaker Oats brands are generally good at calling out allergens on the label.

Example: CONTAINS PEANUT AND TREE NUT INGREDIENTS

I hope this list is helpful to you as you plan for your school year. Please be mindful of the student allergies other than peanut/tree nut. Since this list is specific for peanut/tree nut allergy, some of the items listed will still not be safe for other allergies such as milk, soy, sesame or fruit. **READ ALL LABELS!!!**



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FRUITS/VEGETABLES

- Fresh fruit (apples, oranges, bananas, grapes, pears, plums, Clementine, strawberry, melons, berries, etc.)
- Motts Applesauce cups and assorted variety fruit flavored applesauce
- Raisins, Craisins and Sunmaid Yogurt Raisins
- Fresh vegetables (baby carrots, celery sticks, grape tomatoes, cucumber slices, broccoli, pepper strips, etc.)

CHEESE/DAIRY

- Yogurt in small cups or tubes by Yoplait
- Pudding cups by Kozy Shack
- String cheese
- Kraft Handi-Snacks with cheese (with red sticks) ** **other brands of pre-packaged cheese & cracker often have traces of nuts**

CRACKERS/SNACK ITEMS

- Triscuits, Wheat thins, Vegetable thins (all flavors)
- Ritz Crackers but **NOT Ritz bits or sandwiches**
- Town House, Club or Toasted crackers
- Cheez-Its, Cheese Nips, Better Cheddars
- Saltines, Oyster Crackers
- Wheatables, Air Crisps, Munch'ems, Keebler Snack Stix
- Kashi Tasty Little Crackers
- Goldfish Crackers
- Graham Crackers



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- Animal Crackers (Barnum, Austin Zoo brands)
- Keebler Bug Bites Crackers
- Vanilla Wafers
- Small bagels (Lenders or Thomas brand) with plain cream cheese
- Popcorn
- Pretzels (most brands ok, but **Snyder's products may have nut warnings**)
- Nutrigrain Cereal bars/yogurt bars (apple, blueberry, strawberry variety)
- Special K bars or snack bites (**NOT honey nut variety**)
- Fig Newtons (all flavors)
- Cheez-It Party Mix/ Munchie Party Mixes **** other brands of Chex type party mixes are NOT safe**
- Kellogg's Fruit snacks
- Pop Tarts and Pop Tart snack stix
- Yogos/ Yogo Rolls
- Jell-O cups

CEREALS

- Plain Cheerios
- Chex (Rice, Corn, Wheat in **individual boxes**)
- Corn Flakes Kellogg's
- Crispix
- Kix
- Wheaties
- Life (**NOT Vanilla Yogurt Crunch variety**)
- Frosted Mini-Wheats
- Kashi (Go Lean Crunch, Good Friends, Cinnamon Raisin Crunch varieties)



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CAKES/CUPCAKES

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

COOKIES

- Kellogg's Rice Krispie Treats (original)
- Oreos (regular, Golden or minis)
- Keebler Fudge Stripes, Fudge Grahams, Grasshopper Fudge Mint, E.L. Fudge sandwich cookies (original and double stuffed)

DONUTS

- Hostess brand (powder, frosted)
- Hostess mini muffins (except banana nut variety)

CHIPS

- Bugles
- Cheetos
- Doritos
- Fritos
- Pringles
- Sun Chips
- Tostitos

ICE CREAM/POPSICLES

- Popsicle brand ice pops
- Whole juice bars



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- Breyer's Vanilla Ice Cream
- Icee Squeeze up tubes

CANDY

- Air Heads
- Blow Pops
- Dum-Dum pops
- Gummy bears/ worms
- Jolly Ranchers
- Life Savers (hard and gummy)
- Mike and Ike's
- Necco brand candy hearts
- Nerds
- Ring Pops
- Rolos
- Skittles
- Smarties
- Spree
- Starburst
- Swedish Fish
- Sweet tarts (regular and chewy)
- Tootsie Rolls
- Tootsie Roll pops
- Twizzlers



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