

Peanut and Tree Nut Free Snack Suggestion List

When choosing a peanut free snack for your child's class, it is important to ALWAYS check the label on the package to make sure it is free of peanuts and nuts of all kinds. This list is only to serve as a resource. It is in no way complete and is subject to manufacturer recalls and mislabeling. Manufacturers may have changed their equipment or product line and method since you last purchased an item from this sheet.

READING LABELS: Some manufacturers clearly state if a product has peanut or nuts in it while others, it is almost hidden. PLEASE READ THE LABELS, each time you purchase. Do not purchase items with the allergy and ingredient alert such as:

“May Contain Peanut or Tree Nuts”

“Processed on shared equipment with Peanuts or Tree Nuts”

“Manufactured in a plant with Peanut or Tree Nuts” “Contains Peanut or Tree Nut Ingredients”

Thank you for taking the time to read the labels and discussing the topic of “safe snacks” with your child! Your diligence is keeping an allergic child safe at school.

FRUIT/VEGETABLES

- Applesauce cups
- Dole Fruit-n-gel Bowls
- Del Monte Fruit and Gel To-Go Bowls
- Kraft Handi-Snacks: vanilla, chocolate pudding, wacky gels
- Jell-O: vanilla or chocolate pudding
- Hunts: Juicy Gels, vanilla, chocolate pudding
- Raisins, Craisins, and other dried fruits

PRETZELS/CRACKERS

- Nabisco Barnum Animal Crackers
- ShopRite Scrunchy Animal Crackers
- Rold Gold Pretzels: thin, sticks, rods, tiny twists, lightly salted tiny twists
- Plain Ritz Crackers (NOT sandwiches)
- Cheez-Its: Original, reduced fat, big, white cheddar, reduced fat white cheddar, parmesan & garlic, DuoZ, Scrabble Junior, cheddar jack, baby swiss, colby, whole grain, Gripz
- Pepperidge Farm Goldfish : plain, pretzel, cheddar
- Sergeanto Moontown crackers and cheese dip
- Keebler Club Crackers: original, reduced fat, multi-grain, buttery garlic, minis original, minis whole grain
- Keebler Club Snack Sticks: original, honey wheat
- Keebler Club crackers or sticks: original (NOT sandwiches)
- Keebler Wheatables: golden wheat, toasted honey wheat

- Kelloggs Special K crackers: multi-grain, savory herb
- Kraft Handi-Snacks: Premium Breadsticks 'n Cheese dip, Mister Salty Pretzels 'n Cheese
- Nabisco saltine crackers
- Pepperidge Farm Baked Naturals Cracker Chips: cheddar, simply potato, cheddar & sour cream potato, simply multi-grain
- Pepperidge Farm Baked Naturals Wheat Crisps: toasted wheat
- Town House crackers: original, wheat, reduced fat
- Town House Toppers: original
- Town House Flipsides Pretzel Crackers - original, reduced original, wheat
- Triscuit Crackers: original, reduced fat, hint of salt
- Tricuit Thin Crisps: original, reduced fat, parmesan garlic, four cheeses, chili pepper
- Wheat Thins: original, reduced fat, hint of salt, ranch, 100% whole grain, multi-grain
- Honeymaid Graham Crackers: cinnamon, honey
- Keebler Graham Crackers: original, cinnamon, honey
- Keebler Scooby-Doo Graham Cracker Sticks: honey, cinnamon
- Keebler Graham bites: cinnamon
- Nabisco Honey aid Graham Crackers: original, honey, low fat honey, cinnamon, low fat cinnamon, chocolate
- Teddy Grahams: cinnamon, honey, chocolate, chocolatey chip, mini

GRANOLA/CEREAL BARS

- Nutri Grain Cereal Bars: blueberry, strawberry, apple cinnamon, blackberry, mixed berry, raspberry, cherry, pomegranate, strawberry acai
- Special K Bar: blueberry, strawberry, chocolatey drizzle, raspberry cheesecake, vanilla crisp
- Kellogg's Rice Krispies Treats - original
- Cascadian Farms Granola Bars: chocolate chip, vanilla chip
- MadeGood granola bars: Mixed Berry, Chocolate Chip, Chocolate Banana, Apple Cinnamon, Strawberry

CEREAL

- 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)
- Wheaties
- Corn Pops
- Fruit Loops
- Captain Crunch (reg.)
- Apple Jacks

MISCELLANEOUS

- Pop Secret or Orville Redenbacher popcorn (We don't have a microwave. Please bring popped.)
- Chips Ahoy: chocolate chip, chunky, chewy
- Keebler Vanilla Wafers: Original, mini
- Nabisco 100 Calorie Packs: Chips Ahoy Thin Crisps, Lorna Doone Shortbread Cookie Crisps
- Entenmann's Lil Bites Muffins: blueberry, chocolate chip
- Hostess Mini Muffins
- Pirate Brands: Pirate's Booty, Veggie Booty, Smart Puffs
- Smartpop Popcorn
- Skinny Pop Popcorn
- BoomChickaPop: Sea Salt, Sweet & Salty
- Black Forest Gummies and fruit snacks
- Small bagels (Lenders or Thomas brand)
- Fig Newtons (all flavors)
- Fruit Snacks
- Hostess Brand Donuts: powdered, frosted, glazed
- Oreos: golden, regular
- Chips: Bugles, Cheetos, Doritos, Fritos, Pringles, Sun Chips, Tostitos
- Quaker Quakes Rice Snacks: caramel, Caramel Corn, Ranch, Kettle Corn, Chocolate, Sweet Chili, Cheddar Cheese, Sour Cream & Onion
- Kellogg's Pop Tarts (all except nut flavors)

CANDY

- Air Heads
- Blow pops
- Dum-Dum suckers
- Gummy Bears/Worms (check brands, some have warnings regarding processing around nuts)
- Gum

- Hersey Kisses – Milk Chocolate
- Jolly Ranchers
- Laffy Taffy
- Mike and Ike's
- Mints
- Pixie Sticks
- Rolos
- Sixlets
- Smarties
- Starburst
- Hersey Kissables
- Junior Mints
- Life Savers (hard and gummy) * Milk Duds
- Nerds
- Ring Pops
- Runts
- Skittles
- Spree
- Twizzlers

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".