

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"

Thanks 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 OR VEGGIES

Fresh Fruit (no strawberries due to allergies)

Fresh Veggies

Raisins (plain, not yogurt or chocolate covered)

Applesauce cups

Mandarin orange cups

Pear or Peaches cups

Fruit Snacks (Betty Crocker Brand, Target , Annies Organic or Meijer Brand only) **NOT KELLOGG**

DAIRY SNACKS

Danimals, Go-gurts, Trix yogurt

String Cheese (Sargento or Meijer Brand)

Kraft Cubes or sliced cheese

Sargento Mootown Snacks (Cheese and Pretzels, Cheese and Crackers, Cheese and Sticks)

CEREAL/BARS

KELLOGG:

Nutra-Grain Bars (apple, cherry, raspberry, blueberry)
Pop Tart
Apple Jacks
Rice Crispy Treats (pre packaged)
Corn Flakes
Corn Pops
Alpha Bits
Frosted Flakes

GENERAL MILLS:

Cinnamon Toast Crunch
Cheerios (regular, Fruity, Apple Cinnamon, frosted only)
Kix (plain)
Lucky Charms
Trix
Cocoa Puffs
Cookie Crisp

QUAKER OATS:

Life Cereal

CRACKERS

AUSTIN:

Zoo Animal Crackers

NABISCO:

Cheese Nips
Teddy Grahams (Cinnamon, Chocolate Chip, Honey, Chocolate)
Nilla Wafers
Barnum Animal Cracker
Honey Maid Graham Cracker –Chocolate, Cinnamon, Honey
Triscuts (plain)
Wheat Thins
Premium Saltines (original)

Better Cheddars
Ritz Crackers (not Ritz Bits)
Ritz Chips (original, cheddar)

MEIJER BRANDS:

Starfish and Pals
Honey and Cinnamon Grahams
Wheat Crackers

SUNSHINE:

Cheeze-its
Big Cheeze-It

KEEBLER:

Vanilla Wafers (golden, mini)
Elf Grahams (honey, cinnamon)
Scooby Doo Graham Crackers
Wheatables (original, honey wheat)
Club Crackers
5 pack cheese and pretzel dip
Town House Classic Crackers
Toasted (Wheat, Butter crisp)
Wheat Thins

PEPPERIDGE FARM:

Goldfish Crackers (original, colors, cheddar, pretzel, giant, flavor blasted)

KRAFT:

Handi Snacks (breadsticks and cheese, Mister Salty and cheese, Oreo cookie sticks and cream, Ritz cracker and cheese)

ANNIES ORGANIC:

Organic Bunny Cheddar Crackers
Organic Traditional Snack Mix Bunnies
Organic Whole Wheat Bunny Crackers
Organic Sour Cream and Onion Bunnies
Organic Bunny Grahams

POPCORN

Pop Secret
Act 11
Jolly Time
Orville Redenbacher

PUDDING/JELLOS

Jell-O Gelatin and Pudding Cups
Hunts Pudding
Kraft Handi-Snacks Pudding Cups

DIPS

Kraft Ranch
T 'Marzetti's Buttermilk Ranch
T 'Marzetti's Veggie Ranch Dip
Hidden Valley Ranch
T 'Marzetti's Carmel Fruit Dip
T 'Marzetti's Chocolate Fruit Dip

CHIPS**ROLD GOLD:**

Pretzels (rods, braided twists, tiny twist, cheddar)

FRITO LAY:

Doritos (any flavor)
Cheetos
LAYS Ruffles
Tostitos
Sun Chips (Original, Sour Cream, Cheddar, Flavored)
Fritos
LAYS BBQ, Plain

COOKIES

Nabisco Oreo (blue pack only)
Nabisco Oreo Golden (yellow package)
Rice Crispy Treats (pre packaged)
Enjoy Life (all flavors) **known for their allergen free cookies!
For Will Cookies (allergen free) local cookie designer <http://www.forwillfoods.com/>
Loora Doones
Keebler Vanilla or Rainbow wafer

COLD TREAT

Philly Swirl Brand (at Meijer): Popsicles, ice cups, swirled popsicles
Icee-Squeeze up tubes
Flavor Ice tubes
Minute Maid Frozen Lemonade

CANDY/SWEETS

Skittles (by Mars, Inc.)
Starburst (by Mars, Inc.)
Tootsie Rolls
Tootsie Pops
Smarties (by CE DE Candy)
Mike and Ike (by Just Born)
Twizzlers (by Hershey)
Laffy Taffy (by Nestle)
Life Saver Gummies (by Kraft)
Dum Dum sucker
Air Heads
Hershey Kisses (milk chocolate only)
DOVE Silky Smooth Promises (milk chocolate kind only)
Junior Mints
Yummy Earth Organic Lollipops
Kraft Marshmallow
Pillsbury Frosting (vanilla) blue container

FYI: Food is the only thing that is FDA regulated and required to put allergens on their label. Things such as potting soils do not. **MIRACLE GROW potting soil **contains nuts** and needs to be avoided when doing planting projects in the classroom. This is not bolded on the label like a food label.