

Nut Free Snack Suggestion List

When choosing a nut 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 with others, it is almost hidden. **PLEASE READ THE LABELS**, each time you purchase. Do not purchase items with an 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. The following are some suggestions for safe snacks:

FRUIT

- Whole Fresh Fruit (NO berries, grapes or cut fruit)
- Raisins (plain, not yogurt or chocolate covered)
- Applesauce, mandarin orange, pear or peaches cups
- Fruit Snacks (Betty Crocker, Target , Annies Organic brands only) NOT KELLOGG

CEREAL/BARS

Kellogg:

- Nutra-Grain Bars (apple, cherry, raspberry, blueberry)
- Pop Tarts
- Apple Jacks
- Rice Krispies 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

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)

Sunshine:

- Cheeze-its
- Big Cheeze-Its

Keebler:

- Vanilla Wafers (golden, mini)
- Elf Grahams (honey, cinnamon)
- Scooby Doo Graham Crackers
- Wheatables (original, honey wheat)
- Club Crackers
- 5 pack pretzel and cheese 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, 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

CHIPS

- Rold Gold Pretzels (rods, braided twists, tiny twist, cheddar)
- Doritos (any flavor)
- Cheetos
- Ruffles Plain
- Tostitos
- Sun Chips (Original, Sour Cream, Cheddar, Flavored)
- Fritos
- Lays BBQ
- Lays Plain

COOKIES

- Nabisco Oreo (blue pack only)
- Nabisco Oreo Golden (yellow package)
- Lorna Doones
- Keebler Vanilla or Rainbow wafer