

PEANUT-FREE/TREE-NUT FREE SNACK LIST

- **Avoid snacks that contain peanuts, peanut flour, peanut oil, or peanut butter or other nuts. This includes snacks with almonds, coconuts, filberts, Brazil nuts, cashews, hazelnuts, macadamia nut, pecans, pine nuts, pistachios, and walnuts.**
- Read labels carefully to make sure the products are nut-free. This includes labels that read “May contain traces of peanuts/nuts” or “processed in a facility that processes products that contain peanuts/nuts.” Food labels and ingredients change over time, so always read the label each time before purchasing snacks.
- Include the packaging of your treat when you send it to the classroom, so that the label may be rechecked if there are any questions.

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

HEALTHY SNACKS

Fruits/Vegetables

Any fresh fruit
Applesauce cups
Raisin, Craisins, and other dried fruits
Fruit cups (NOT DEL MONTE)
Fresh vegetables
Vegetable Dips

Cheese/Dairy

Yogurt in individual cups or tubes
String cheese or other cheeses
Drinkable yogurt or smoothies
Cottage cheese

Crackers

Triscuits, Wheat Thins, Vegetable Thins
Ritz crackers/dinosaurs/sticks (Not Ritz Bits or sandwiches)
Town House, Club, Toasteds
Cheez-Its, Cheese Nips, Better Cheddars
Saltines, Oyster crackers
Wheatbles, Air Crisps, Munch’ems,
Keebler Snack Stix
Brenton brand crackers
Goldfish crackers
Graham crackers, Graham cracker sticks
Teddy Grahams
Animal Crackers (Austin, Zoo, Barnum)

Cereals

Cheerios (NOT Honey Nut or Frosted)
Chex (Rice, Corn, Wheat)
Corn Flakes
Crispix
Frosted Mini-Wheats
Kashi (Cinnamon Raisin, Heart to Heart)
Kix
Life (NOT Vanilla Yogurt Crunch)
Wheaties

Other Snack Items

Small bagels (Lenders or Thomas brand) with cream cheese (no nut type)
Popcorn
Pretzels
Pirate's Booty
Nutrigrain cereal bars/yogurt bars
Special K Bars (NOT Honey Nut)
Special K Snack Bites
Fig Newtons (all flavors)
Rice Cakes (Not Quaker brand, not nut free)
Quaker Popped mini rice cakes / Mini Delights
Kellogg’s brand Rice Krispie Treats (original)
Sun Chips
Yogos/Yogo Rolls

READ EVERY LABEL EVERY TIME! FOOD LABELS AND INGREDIENTS MAY CHANGE

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FOR BIRTHDAY CELEBRATIONS OR SPECIAL OCCASIONS

Cakes/Cupcakes/Brownies

Betty Crocker, Pillsbury Cake Mixes
Pillsbury Frostings (all flavors)
Duncan Hines Choc/Vanilla/Strawberry frosting
Pillsbury Brownie Mix: Milk Chocolate, Funfetti,
Chocolate Fudge, Chocolate Extreme
Betty Crocker Brownie Mix: Ultimate Fudge,
Original Supreme, Choc Chunk, Fudge
Hostess Cupcakes
Hostess Twinkies, Ho Hos, Ding Dongs

Cookies

ChipsAHoy Cookies
Kellogg's brand Rice Krispies Treats (original)
Oreos (regular, golden, cool mint, berry blast, or minis) NO Cakesters, not safe!
Keebler Fudge Strips, Fudge Grahams,
Grasshopper Fudge Mint, E.L. Fudge sandwich cookies (original)
Any Dare brand cookies
Barnum's animal crackers
Lorna Doone's

Donuts/Muffins

Krispy Kreme donuts/donut holes
Hostess brand (powder, frosted)
Muffins (read labels)

Chips

Bugels
Cheetos
Doritos
Fritos
Potato Chips
Pringles
Sun Chips
Tostitos

Ice Cream/Popsicles

Popsicles
Whole fruit bars
Juice bars
Fruit ice/Icee squeeze up tubes
Orange push-ups
Breyer's vanilla ice cream

Other

Fruit snacks
Pop-Tarts
Yogos/Yogo Rolls
Sweetened Cereals (Corn Pops, Froot Loops, Captain Crunch (regular), Apple Jacks, Cinn Toast Crunch)

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