

# 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.