

## **Peanut & 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 nuts, pecans, pine nuts, pistachios and walnuts.
- **PLEASE READ LABELS** carefully to make sure the products are nut free, This includes labels that read “May contain traces of peanut/nuts “or” processed in a facility that processes products that contain peanut/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 sent it to the classroom, so that the labels 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 Fruits
- Applesauce cups
- Raisin, craisins and other dried fruit
- Fruit cups (**NOT DELMONTE**)
- Fresh vegetables
- Vegetable dips

#### **Cheese/Dairy**

- Yogurt in individual cups or tubes
- Pudding in individual cups, cans, or tubes
- String cheese or other cheeses
- Drinkable yogurt or smoothies
- Cottage cheese
- Kraft Handi-snacks with cheese (with red sticks)

**\*\*\* Be careful with any other type of prepackaged cheese & cracker sandwiches, most contain nuts/traces of nuts.**

#### **Crackers**

- Triscuits, Wheat Thins
- Ritz – original, whole wheat, reduced fat
- Town House – original, wheat, reduced fat
- Town House Toppers – original
- Town House Flipside Pretzel Cracker
- Cheez Nips, Cheez Its
- Saltines, Oyster crackers
- Goldfish Crackers, Goldfish Graham Crackers
- Nabisco Graham Crackers
- Keebler Scooby Doo Graham cracker sticks – honey & cinnamon
- Teddy Grahams Animal Crackers (Austin, Zoo, Barnum)

## **Cereals**

- Cheerios (**Not Honey Nut or Frosted**)
- Chex (Rice, Corn, Wheat)
- Cinnamon Toast Crunch
- Corn Flakes
- Kix

## **Nutrition Bars, Cereal Bars & Toaster Pastries**

- Nutri Grain Cereal Bars
- Kellogg's Rice Krispie Treats – Original
- Kellogg's Pop Tarts
- Kellogg's Pop Tart Mini Crisps

## **Pretzels**

- Bachman – Twists, Butter Twists, Mini Bite Size, Pretzel rods, Pretzel sticks
- Pepperidge Farm Gold Fish Pretzel

## **Popcorn**

- Bachman – original, light
- Wise – original, white cheddar
- Microwave Popcorn

## **Ice Pops & Ices**

- Popsicle – Jolly Rancher Awesome Twosome, Firecracker
- Minutemaid Juice Bars – 12 pack varieties (Cherry, Grape, Orange)
- Fudgesicle
- Dole Fruit Bars

## **BIRTHDAY PARTIES ----- Brand Name**

### **Ice Cream**

- Turkey Hill
- Breyers

### **Cookies**

- Oreos
- Chips Ahoy
- Newtons
- Keebler Vanilla Wafers