

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:

- Nutri-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/>
- Looa Doones
- Keebler Vanilla or Rainbow wafer

COLD TREATS

- 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.*