

## **PEANUT FREE/NUT FREE SNACK LIST**

Please 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. (Tree nuts)

Quick check brands: Kellogg's, Keebler, General Mills, Betty Crocker and Quaker Oats brands are excellent at calling out allergens in a box:

**Example: CONTAINS PEANUT AND EGG INGREDIENTS**

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

### **I. HEALTHY SNACKS (Daily classroom snacks)**

#### **A. FRUIT/VEGETABLES**

- \* Any fresh fruit (apples, oranges, bananas, grapes, pears, plums, clementine's, strawberries, melons, berries, etc.)
- \* Raisins, Craisins and other dried fruits
- \* Fresh vegetables (baby carrots, celery sticks, grape tomatoes, cucumber slices, broccoli, pepper strips, etc.)

#### **B. CHEESE/DAIRY**

- \* String cheese or other cheeses (1 oz.)
- \* Kraft Handi-snacks with cheese (with red sticks)
- \*\*Be careful with any other type of pre-packaged cheese and cracker sandwiches, most contain nuts/traces of nuts

#### **C. CRACKERS/SNACK ITEMS**

- \* Triscuits, Wheat Thins, Vegetable Thins (all flavors)
- \* Ritz crackers/dinosaurs/sticks (NOT Ritz bits or sandwiches)
- \* Ritz Crackerfuls (Classic cheddar, Four cheese, Garlic herb)
- \* Town House, Club, Toasteds
- \* Cheez-Its, Cheese Nips, Better Cheddars
- \* Saltines, Oyster crackers
- \* Wheatables, Air Crisps, Munch'ems, Keebler Snack Stix
- \* Kashi Tasty Little Crackers (TLC)
- \* Breton brand crackers
- \* Goldfish crackers
- \* Annie's Bunnies
- \* Graham crackers, Graham cracker sticks
- \* Teddy Grahams or Teddy Graham character brand
- \* Animal crackers (Austin Zoo, Barnum)
- \* Vanilla wafers
- \* Cereals

Please note: **Food labels/ingredients may change over time**, so it is always recommended that you read the label before purchasing snacks. Please read labels carefully to make sure that products are nut free. This includes labels that read "May contain traces of peanuts/nuts".

- \* Cheerios (NOT Honey Nut or Frosted)
- \* Chex (Rice, Corn, Wheat)
- \* Cinnamon Toast Crunch
- \* Corn Flakes
- \* Crispix
- \* Frosted Mini-Wheats
- \* Granola: made Good bars are free of top allergens
- \* Kashi (Go Lean Crunch, Good Friends, Cinnamon Raisin Crunch, Heart to Heart)
- \* Kix
- \* Life (Not Vanilla Yogurt Crunch)
- \* New Nabisco 100 Calorie Packs – Yogurt flavored pretzels
- \* Nabisco Toasted Chips Ritz snack mix
- \* Wheaties
- \* Other unsweetened cereal without nuts
- \* Small bagels (Lenders or Thomas brand) with cream cheese ( no nut type)
- \* Popcorn
- \* Pretzels
- \* Nutrigrain cereal bars/yogurt bars
- \* Special K Bars (NOT Honey Nut)
- \* Special K Snack Bites
- \* Fig Newtons (all flavors)
- \* Rice Cakes (NOT Quaker brand)
- \* Quaker Quakes (mini rice cakes)/Mini Delights (all flavors)
- \* Potato Soy Crisps
- \* Gensoy Soy Crisps
- \* Cheez-It Party Mix/Munchie Party Mixes
- \*\*Have not found any other brands of Chex type mixes to be peanut/nut safe

#### **D. OTHER**

- \* Fruit snacks (twists, gushers, roll-ups, etc.)
- \* Pop Tarts
- \* Pop Tarts Snack Sticks
- \* Yogos/Yogos Rolls
- \* Sweetened Cereals: Corn Pops, Fruit Loops, Captain Crunch (reg.), Apple Jacks
- Candy- tootsie products are all made in a nut free facility, Swedish fish, sour patch kids

## **II. SPECIAL TREATS (Birthday or holiday parties only)**

### **A. CAKES/CUPCAKES**

- \* Hostess cupcakes
- \* Hostess Twinkies, Ho Hos, Ding Dongs
- \*Walmart and Bj's both sell pre-packaged baked goods( cookies and cupcakes) with a big nut free sticker on top.

### **B. COOKIES**

- \* Kellogg's brand Rice Krispie Treats (original)

\* Enjoy life brand is free of top allergens

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- \* Oreos (regular or golden)
- \* Keebler Fudge Stripes, Fudge Grahams, Grasshopper Fudge Mint, E.L. Fudge Sandwich cookies (original and double stuffed)
- \* Nabisco – Lorna Doone Shortbread
- \* Gripz Chips Ahoy

**C. DONUTS/MUFFINS (no grocery bakery items)**

- \* Krispy Kreme/Lamar’s glazed donuts
- \* Hostess brand (powder, frosted or glazed)
- \* Muffins – mini or regular – Hostess

**D. CHIPS**

- \* Bugles
- \* Cheetos
- \* Doritos
- \* Fritos
- \* Potato chips
- \* Pringles
- \* Sun Chips
- \* Tostitos

**E. CANDY**

- |   |                                |
|---|--------------------------------|
| * Air Heads   |                                |
| * Blow pops   |                                |
| * Dum-Dum suckers   |                                |
| * Gummy Bears/Worms (check brands, some have warnings regarding processing around nuts) |                                |
| * Gum   |                                |
| * Hersey Kisses – Milk Chocolate  | * Hersey Kissables             |
| * Jolly Ranchers  | * Junior Mints                 |
| * Laffy Taffy   | * Life Savers (hard and gummy) |
| * Mike and Ike’s  | * Milk Duds                    |
| * Mints   | * Nerds                        |
| * Pixie Sticks  | * Ring Pops                    |
| * Rolos   | * Runtz                        |
| * Sixlets   | * Skittles                     |
| * Smarties  | * Spree                        |
| * Starburst   | * Twizzlers                    |

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