

Peanut/Tree Nut Free Snack List

This list has been put together to help provide you with some snack ideas that are peanut and tree nut free and safe to have in the classroom. **Please note however, that ingredients change all the time, so it is important to read the label every time.**

Please avoid snacks that contain **peanuts, peanut butter, peanut flour** and **peanut oil** as well as other nuts. This includes but is not limited to: almonds, walnuts, pistachios, coconuts, cashews, chestnuts, macadamia, pecans, pine, filberts, brazil nut and hazelnuts etc.

The following manufacturers do a wonderful job of labeling for the top 8 allergens: Kraft, Betty Crocker, Nabisco, General Mills, Kellogg's, Keebler and Quaker Oats.

Example: CONTAINS PEANUT AND EGG INGREDIENTS

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

Fruits/Vegetables:

- Any fresh fruit (apples, oranges, bananas, grapes, pears, plums, clementines, strawberries, melons, berries etc.)
- Applesauce cups (and assorted variety fruit flavored applesauce)
- Raisins, craisins and other dried fruit
- Fruit cups (peaches, pears, oranges, pineapple, fruit cocktail etc.)
- Any fresh vegetables (broccoli, cauliflower, cucumber, tomatoes, carrots, celery, peppers etc.)

Cheese/Dairy:

- Yogurt
- Pudding cups
- 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 pre-packaged cheese & cracker sandwiches, most contain nuts/traces of nuts.

Crackers/Snacks:

- Crackers
 - Triscuits, Wheat Thins, Vegetable Thins (all flavors)
 - Ritz crackers/sticks (NOT Ritz bits or sandwiches)
 - Town House, Club, Toasted Crackers
 - Cheez-its, Cheese Nips, Better Cheddars
 - Goldfish crackers
 - Saltines, Oyster crackers
 - Wheatables, Air Crisps, Munch 'ems, Keebler Snack Mix
 - Keebler Club & Cheddar Sandwich Crackers (this is the only cracker we have found with cheese that does not contain nuts)
- Graham crackers, Graham cracker sticks

- Teddy Grahams
- Bug Bites Crackers
- Bugels – Original
- Dunkaroos
- Goldfish Graham Snacks
- Animal Crackers (Barnum)
- Nilla Wafers
- Cereals
 - Cheerios (NOT Honey Nut or Frosted)
 - Chex (Rice, Corn, Wheat)
 - Cinnamon Toast Crunch
 - Corn Flakes/Frosted Flakes
 - Crispix
 - Kix
 - Life (NOT Vanilla Yogurt Crunch)
 - Wheaties
 - Other sweetened cereal i.e. Fruit Loops, Trix, Cookie Crisp, Lucky Charms, Apple Jacks, Pops etc.
- Popcorn
- Pretzels (NOT Snyders)
- Nutrigrain Bars (Apple, Blueberry, Strawberry)
- Special K Bars (NOT Honey Nut)
- Fig Newtons (all flavors)
- Quaker Mini Rice Cakes (Quakes)/Mini Delights
- Cheez-It Party Mix/Munchie Party Mix

Sweet Treats:

Cookies:

- Oreos (Regular, Double Stuf, Golden)
- Chips Ahoy (Original)
- Keebler Original Fudge Stripes
- Rice Krispie Treats (Kelloggs Brand Original)

Donuts/Muffins:

- Country Kitchen Donuts

Chips:

- Ruffles
- Doritos
- Fritos
- Sun Chips
- Tostitos

- Cheetos
- Lays (Original in yellow bag, Salt & Vinegar, Barbeque)

Other:

- Pop Tarts
- Fruit Snacks/Fruit Rolls (Gushers, Roll-ups, Fruit by the Foot)
- Vegetable dips/Caramel Apple Dip (Marzetti)

Ice Cream/Popsicles:

- Popsicles
- Freeze Pops
- Minute Maid Soft Frozen Lemonade
- Breyer's Vanilla, Chocolate and Strawberry ice cream

Candy:

- Air Heads
- Andes Candies
- Blow Pops
- Cella Chocolate Cherries
- Charleston Chew
- Dum-Dum Lollipops
- Hershey's Milk Chocolate Bars (Full size original only)
- Junior Mints
- Life Savers (hard and gummy)
- Mike & Ike's
- Milk Duds
- Ring Pops
- Sixlets
- Skittles
- Smarties
- Spangler Candy Canes
- Spree
- Starburst
- Swedish Fish
- Sweet Tarts (regular and chewy)
- Sugar Babies
- Tootsie Rolls
- Tootsie Roll Pops
- Twizzlers
- Whoppers