

RECOMMENDED SNACK LIST

PEANUT FREE/NUT FREE SNACK 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.

IMPORTANT: Due to continual changes in manufacturer packaging, please read the ingredient label of all snacks. 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”

NO home or store baked items are allowed.

I. HEALTHY SNACKS (Daily classroom snacks)

FRUIT/VEGETABLES

Dried fruit (Raisins, Craisins and other dried fruits)	Fresh fruit (apples, oranges, bananas, grapes, pears, plums, clementines, strawberries, melons, berries, etc.)
Fresh vegetables (baby carrots, celery sticks, grape tomatoes, cucumber slices, broccoli, pepper strips, etc.)	Fruit cups (applesauce cups, mandarin orange cups, pear or peaches cups)

CHEESE/DAIRY

String cheese or other cheeses	Danimals, Go-gurts, Trix yogurt
--------------------------------	---------------------------------

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

CRACKERS/SNACK ITEMS

ALL Enjoy Life products	Popcorn
Animal crackers (Austin Zoo, Barnum)	Pretzels
Annie’s Bunnies (fruit snacks, Graham crackers, Cheddar crackers)	Quaker Quakes (mini rice cakes)/Mini Delights (all flavors)
Breton brand crackers	Rice Cakes (NOT Quaker brand)
Cascadian Farm Organic Chocolate Chip Granola Bars	Ritz Crackerfuls (Classic cheddar, Four cheese, Garlic herb)
Cheez-It Party Mix/Munchie Party Mixes	Ritz crackers/dinosaurs/sticks (NOT Ritz bits or sandwiches)
Cheez-Its, Cheese Nips, Better Cheddars	Saltines, Oyster crackers
Fig Newtons (all flavors)	Sensible Portions Veggie Straws
Fruit snacks (twists, gushers, roll-ups, etc.)	Small bagels (Lenders or Thomas brand) with cream cheese (no nut type)
Goldfish crackers	Teddy Grahams or Teddy Graham character brand
Graham crackers, Graham cracker sticks	Town House, Club, Toasteds

Kashi Tasty Little Crackers (TLC)	Triscuits, Wheat Thins, Vegetable Thins (all flavors)
Made Good Granola Mini's	Vanilla wafers
Nabisco Toasted Chips Ritz snack mix	Wheatables, Air Crisps, Munch'ems, Keebler Snack Stix
New Nabisco 100 Calorie Packs – Yogurt flavored pretzels	Yogos/Yogos Rolls
Pirate's Booty-Aged White Cheddar or Veggie	

CEREALS

Cheerios (NOT Honey Nut or Frosted)	Kix
Chex (Rice, Corn, Wheat)	Life (Not Vanilla Yogurt Crunch)
Cinnamon Toast Crunch	Nutrigrain cereal bars/yogurt bars
Corn Flakes	Special K Bars (NOT Honey Nut)
Crispix	Special K Snack Bites
Frosted Mini-Wheats	Wheaties
Kashi (Go Lean Crunch, Good Friends, Cinnamon Raisin Crunch, Heart to Heart)	Other unsweetened cereal without nuts

II. SPECIAL TREATS (Birthday or holiday parties only) - No home or grocery baked items

A. CAKES/CUPCAKES

Hostess cupcakes	Hostess Twinkies, Ho Hos, Ding Dongs
------------------	--------------------------------------

B. COOKIES

Gripz Chips Ahoy	Nabisco – Lorna Doone Shortbread
Keebler Fudge Stripes, Fudge Grahams, Grasshopper Fudge Mint, E.L. Fudge	Oreos (regular or golden)
Kellogg’s brand Rice Krispie Treats (original)	Sandwich cookies (original and double stuffed)

C. DONUTS/MUFFINS

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

D. CHIPS

Bugles	Potato chips
Cheetos	Pringles
Doritos	Sun Chips
Fritos	Tortilla Chips (Tostitos, etc)

E. CANDY

Air Heads	Laffy Taffy	Runts
Blow pops	Life Savers (hard and gummy)	Sixlets
Dove Silky Smooth Promises	Mike and Ike's	Skittles
Dum-Dum suckers	Milk Duds	Smarties
Gum	Mints	Spree
Gummy Bears/Worms (check brands, some have warnings regarding processing around nuts)		Starburst
Hersey Kissables	Nerds	Tootsie Pops
Hersey Kisses – Milk Chocolate	Pixie Sticks	Tootsie Rolls
Jolly Ranchers	Ring Pops	Twizzlers
Junior Mints	Rolos	Yummy Earth Organic Lollipops