

PEANUT FREE/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 nut, pecans, pine nuts, pistachios, and walnuts.
- Read labels carefully to make sure the products are nut free. This includes labels that read "May contain traces of peanuts/nuts" or "processed in a facility that processes products that contain peanuts/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 send it to the classroom, so that the label 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 fruit
Applesauce cups
Raisin, Craisins, and other dried fruits
Fruit cups (NOT DEL MONTE)
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

Crackers

Triscuits, Wheat Thins, Vegetable Thins
Ritz crackers/dinosaurs/sticks (Not Ritz Bits or sandwiches)
Town House, Club, Toasteds
Cheez-Its, Cheese Nips, Better Cheddars
Saltines, Oyster crackers
Wheatbles, Air Crisps, Munch'ems,
Keebler Snack Stix
Brenton brand crackers
Goldfish crackers
Graham crackers, Graham cracker sticks
Teddy Grahams
Animal Crackers (Austin, Zoo, Barnum)

Cereals

Cheerios (NOT Honey Nut or Frosted)
Chex (Rice, Corn, Wheat)
Cinnamon Toast Crunch
Corn Flakes
Crispix
Frosted Mini-Wheats
Kashi (Go Lean Crunch, Good Friends, Cinnamon Raisin, Heart to Heart) cereals .
Kix
Life (NOT Vanilla Yogurt Crunch)
Wheaties

Other Snack Items

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, not nut free)
Cheez-It Party Mix/ Munchie Party Mixes
Kellogg's brand Rice Krispie Treats (original)
Sun Chips
Yogos/Yogo Rolls

READ EVERY LABEL EVERY TIME!

FOOD LABELS AND INGREDIENTS MAY CHANGE