

## 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 or tree nuts” or “processed in a facility that processes products that contain peanuts or tree 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 questions.

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

### Fruits/Vegetables:

Fresh Fruit  
Applesauce cups  
Raisins/Craisins, and other dried fruits  
Fruit cups  
Fresh vegetables and vegetable dips  
Fruit crisps and fruit leather  
Fruit or veggie squeezers (GoGo Squeezez, etc.)

### Cheese/Dairy:

Kids' yogurt tubes or cups  
Pudding cups or tubes  
String cheese or other cheeses  
Kids' 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, Nabisco Oyster crackers  
Wheatables, Air Crisps, Munch'ems  
Graham crackers, Graham cracker sticks  
Teddy Grahams  
Animal Crackers (Austin, Zoo, Barnum)

### Cereals:

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

### Other Snack Items:

Small bagels (Lenders or Thomas brand) with cream cheese (no nut type)  
Popcorn (Orville Redenbacher's, Pop Secret, Act II)  
Pretzels (Rold Gold, Pretzel Crisps)  
Nutrigrain Breakfast bars/Yogurt bars  
Goldfish crackers  
Rice Cakes  
Cheez-it Party Mix/Munchie Party Mixes  
Kellogg's brand Rice Krispy Treats (original)  
Yogos  
Nabisco Vanilla Wafers  
Annie's Gummy Bunny fruit snacks  
Welch's, Kellogg's and other fruit snacks  
Fruit Roll Ups  
Fritos, Lays, Ruffles, Pringles, Doritos, Sun Chips, Baked Lays, Cheetos  
Fig Newtons  
Nabisco Chips Ahoy and Oreo cookies  
SunButter Sunflower Spread



**READ EVERY LABEL EVERY TIME!**

**FOOD LABELS AND INGREDIENTS MAY CHANGE**

