

Peanut/Tree Nut Free Safe Snack Suggestions

Please avoid snacks that contain peanuts, peanut flour, peanut oil, peanut butter and tree nuts. Tree nuts include: almonds, cashews, pistachios, hazelnuts, walnuts, pine nuts, Brazil nuts, coconut, etc.

Strict avoidance is the only way to prevent a severe allergic reaction.

Important note: Food label/ingredients may change over time, so it is always recommended that you read the label before purchasing snacks to assure that products are nut free. Most brands have a warning statement or allergen lists. Be aware of phrases like this:

“May contain peanut or tree nuts.”

“Processed on shared equipment with peanuts or tree nuts.”

“Manufactured in a plant that also processes peanuts or tree nuts.”

“Contains peanut or tree nuts”

Thank you for your support in helping to maintain a peanut/tree nut free classroom.

FRUIT/VEGETABLES

Fresh fruit (apples, oranges, bananas, grapes, etc.)

Apple Sauce

Fresh vegetables (carrots, celery, cucumber, etc.)

Pickles, Olives

Raisins / Craisins

CHEESE/DAIRY

Cheese (String Cheese, Laughing Cow, etc.)

Cottage Cheese

Cream Cheese

Kraft Handi-snacks with cheese

Pudding

Yogurt, Yogurt Tubes, Drinkable Yogurt

CRACKERS

Annie's Cheddar Bunnies

Bamboo Lane Crunchy Rice Roller

Breton brand crackers

Cheez-Its, Cheese Nips, Better Cheddars

Club Crackers

Goldfish crackers

Munch'ems

Oyster crackers

Rice Cakes (NOT Quaker brand)

Ritz crackers

Town House Crackers

Triscuits

Vegetable Thins

Wheat Thins

Wheatables

BREAD

King's Hawaiian Rolls (ALL)

Lender's Bagels / Mini-Bagels

CEREALS

Apple Jacks

Captain Crunch

Cheerios (Original)

Chex (Rice, Corn, Wheat)

Cinnamon Toast Crunch

Corn Pops

Crispix

Frosted Mini-Wheats

Fruit loops

Kashi Heart to Heart

Kix

Life

Wheaties

BARS

Don't Go Nuts Bars (ALL)

Enjoy Life Granola Bars (ALL)

Made Good Brand Granola Bars / Minis (ALL)

Nutrigrain cereal bars/yogurt bars

Special K Bars / Snack Bites

DIPS/SPREADS

Don't Go Nuts (ALL)

Hummus

Salsa / Guacamole

Sun Butter / Wow Butter

Wise Nacho Cheese Dip

Peanut/Tree Nut Free Safe Treat Options (for Parties, etc.)

Please avoid treats that contain peanuts, peanut flour, peanut oil, peanut butter and tree nuts. Tree nuts include: almonds, cashews, pistachios, hazelnuts, walnuts, pine nuts, Brazil nuts, coconut, etc.

CAKES/PASTRIES

Entenmann's Donuts / Mini-Donuts
Hostess Cupcakes, Ding Dongs, Twinkies, Donuts
Kellogg's Pop Tarts
Lofhouse Cupcakes

CANDY

Air Heads
Blow pops
Charleston Chew
Cotton Candy (Parade brand)
Cow Tales
Dots
Dum-Dum suckers
Fruit snacks (twists, gushers, roll-ups, etc.)
Gum
Gummy Bears/Worms
Hersey Kisses – Milk Chocolate
Jolly Ranchers
Junior Mints
Kraft Caramels
Laffy Taffy
Licorice (Twizzlers or Red Vine)
Life Savers (hard and gummy)
Mike and Ike's

CHIPS

Bugles
Cheetos
Doritos
Fritos
Genisoy Soy Crisps
Pirate Booty
Pita Chips
Popcorn (Utz, Skinny Pop, Smart Food, BoomChicaPop)
Potato Chips (Pringles, Cape Cod, Lays, Ruffles, Utz)
Pretzels (Rold Gold, Utz, Newman's Own)
Sun Chips
Tostitos

COOKIES

Animal crackers (Austin Zoo, Barnum)
Annie's Bunnies Grahams
Enjoy Life Cookies (ALL)
Fig Newtons (all flavors)
Graham crackers (Cinnamon, honey, chocolate)
Keebler: Fudge Stripes, Fudge Grahams, E.L. Fudge
Kellogg's brand Rice Krispie Treats (original)
Lofhouse Cookies (Bakery Section)
Nabisco: Nilla Wafers, Belvita, Ginger Snaps. Chips Ahoy!
Oreos (regular, golden, mint, s'more, chocolate)
Teddy Grahams

Milk Duds
Mints
Nerds
Pixie Sticks
Ring Pops
Rolos
Runts
Sixlets
Skittles
Smarties
Sourpatch Kids
Spree

FROZEN TREATS

Breyers Pure Fruit Bars / Dole whole fruit bars
Creamsicle No Sugar Added Pops
Fudgsicle, The Original Fudge Pops
Go-GURT Yogurt
Klondike Bars (Original)
Luigi's Lemon/Strawberry Real Italian Ice
Minute Maid Juice Bars
Popsicle, Ice Pops, Orange, Cherry, Grape flavors

Starburst
Starburst Jelly Beans
Swedish Fish
Tootsie Rolls / Pops
Twizzlers
Whoppers

Please attempt to select classroom treats for parties that everyone in the class can enjoy. Check with your child's teacher to understand specific food allergies in the classroom to keep all children safe and included.