

## 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  
Ritz crackers  
Town House Crackers  
Triscuits  
Vegetable Thins  
Wheat Thins  
Wheatables

### BREAD

King's Hawaiian Rolls (ALL)  
Lender's Bagel

### 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

### RICE SNACKS

Quaker Quakes Rice Snacks, Caramel Corn, Ranch,  
Kettle Corn, Chocolate, Sweet Chili, Cheddar Cheese,  
Sour Cream & Onion

## **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.

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.

### **CAKES/PASTRIES**

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

### **CHIPS**

Cheetos - Crunchy, Puffs, Honey BBQ & Baked  
Doritos - Nacho Cheese, Cool Ranch, Spicy Nacho  
Fritos, Original, Classic Ranch & Scoops  
Pirate's Booty Aged White Cheddar, Sour Cream & Onion, New York Pizza  
Sun Chips- Original, Garden Salsa, Harvest Cheddar & French Onion  
Lay's - Classic, Barbecue, Sour Cream & Onion, Cheddar & Sour Cream, Salt & Vinegar & Honey BBQ  
Pringles Original, Reduced Fat, BBQ  
Ruffles Original, Sour Cream & Onion, Cheddar & Sour Cream  
UTZ BBQ, Cheddar & Sour Cream, Honey BBQ, Salt & Vinegar, Salt and Pepper

### **PRETZELS**

Newman's Own Salted Sticks, Salted Pretzel Rounds, Unsalted Pretzel Rounds, Spelt Pretzels  
Rold Gold Thins, Sticks, Rods, Tiny Twists, Lightly Salted Tiny Twists, Tiny Twists Cheddar, Tiny Twists Honey Mustard, Sourdough, Honey Wheat, Cheesy Garlic  
Utz Butter Waffle, Nuggets, Pop'z, Rods, Wheels, Honey Wheat Braided Twist Cinnamon, Country Stix

### **POPCORN**

BoomChicaPop - Sea Salt, Sweet & Salty  
Kettle Corn, White Cheddar, Real Butter  
SkinnyPop - Original, Aged White Cheddar, Pepper Jack, Sweet and Salty Kettle & Real Butter  
Smartfood - White Cheddar, Reduced Fat, Movie Theater Butter  
Wise - Butter, Cinnabon, Hot Cheese, Sea Salt, White Cheddar

### **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  
Oreos (regular, golden, mint, s'more, chocolate)  
Teddy Grahams

### **FROZEN TREATS**

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

### **MISCELLANEOUS**

Swiss Miss Classic Milk Chocolate Hot Cocoa  
Nestle Milk Chocolate Hot Cocoa  
Hersey's 100% Cocoa  
Kraft, Jet-Puffed Marshmallow

\* IMPORANT: Product formulations may change so ALWAYS double check the package to ensure the item is not processed in a facility that also processes nuts.

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

### 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  
Milk Duds  
Mints  
Nerds  
Pixie Sticks  
Ring Pops  
Rolos  
Runts  
Sixlets  
Skittles  
Smarties  
Sourpatch Kids  
Spree  
Starburst  
Starburst Jelly Beans  
Swedish Fish  
Tootsie Rolls / Pops  
Twizzlers

### FROZEN TREATS

PhillySwirl, ICE MixitUp, Lemonade Swirls, SwirlStix  
Luigi's Lemon/Strawberry Real Italian Ice  
Popsicle, Ice Pops, Orange, Cherry, Grape flavors  
Fudgsicle, The Original Fudge Pops  
Creamsicle No Sugar Added Pops  
Klondike, Bars, Original  
Dole whole fruit bars  
Minute Maid, Tropicana Juice Bars

\* IMPORANT: Product formulations may change so ALWAYS double check the package to ensure the item is not processed in a facility that also processes nuts.

## Peanut /Tree Nut Free Quick List

Thank you for your extra time to keep the kids with food allergies safe and included!!

### Sub Sandwiches

#### **Jimmy John's (Across from Acme Plaza)**

Contact: General Manager Derek Brown  
330.844.3953

[www.jimmyjohns.com](http://www.jimmyjohns.com)

Subs ONLY

\*Will offer more discount contact GM above

#### **Jersey Mike's Subs (Acme Plaza)**

(234) 380-5833

[www.jerseymikes.com](http://www.jerseymikes.com)

Subs ONLY

\*Will offer 15% discount per owner

#### **Subway (Acme Plaza)**

(330) 650-5605

[www.subway.com](http://www.subway.com)

### Pizza

#### **Papa John's Pizza (Acme Plaza)**

(330) 655-0888

[www.papajohns.com](http://www.papajohns.com)

Large 14" 1 topping or plain pizza = \$8.00 with discount

#### **Pizza Hut (5840 Darrow Rd)**

(330) 653-3888

[www.pizzahut.com](http://www.pizzahut.com)

Large 14" 1 topping or plain pizza = \$7.99

#### **Donatos Pizza (5789 Darrow Rd)**

(330) 528-3030

[www.donatos.com](http://www.donatos.com)

Note: Large 14" 1 topping or Plain = \$14.29

*All could possibly offer more discounts on large orders but need advance notice*

**Always remember to double-check the label for allergen warnings.**

Companies can change their ingredients or processing procedures at any time.