

Peanut and Tree Nut Free Snack Suggestion List

When choosing a peanut free snack ALWAYS check the label on the package. Make sure it is free of Peanut and nuts. **NO CANDY PLEASE!**

PLEASE READ THE LABELS. 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”

Please look at the List below for “safe snacks” for your child.

FRUITS AND VEGGIES

Fresh Fruit
Fresh Veggies
Raisins
Applesauce cups
Mandarin Orange cups
Pear or peaches cup
Fruit Snacks (Annie’s Organic)

COOKIES

Nabisco Oreo (blue pack only)
Nabisco Oreo Golden (yellow package)
Rice Crispy Treats (pre packaged)
Keebler Vanilla or Rainbow wafer

ROLD GOLD:

Pretzels (rods, braided twists, tiny twist, cheddar)

FRITO LAY:

Doritos (any flavor)
Cheetos
LAYS Ruffles
Tostitos
Sun Chips (Original, Sour Cream, Cheddar, Flavored) Fritos
LAYS BBQ, Plain

POPCORN

Pop Secret
Act 11

Jolly Time
Orville Redenbacher

PUDDING/JELLOS

Jell-O Gelatin and Pudding Cups Hunts Pudding

Kraft Handi-Snacks Pudding Cups

ANNIES ORGANIC:

Organic Bunny Cheddar Crackers
Organic Traditional Snack Mix Bunnies
Organic Whole Wheat Bunny Crackers
Organic Sour Cream and Onion Bunnies
Organic Bunny Grahams

PEPPERIDGE FARM:

Goldfish Crackers (original, colors, cheddar, pretzel, giant, flavor blasted)

NABISCO:

Cheese Nips
Teddy Grahams (Cinnamon, Chocolate Chip, Honey, Chocolate) Nilla Wafers
Barnum Animal Cracker
Honey Maid Graham Cracker –Chocolate, Cinnamon, and Honey Triscuits (plain)
Wheat Thins
Premium Saltines (original)
Better Cheddars
Ritz Crackers (not Ritz Bits)
Ritz Chips (original, cheddar)

KELLOGG

Nutra-Grain Bars (apple, cherry, raspberry, blueberry)
Pop Tarts
Alpha Bits
Frosted Flakes
Apple Jacks
Rice Crispy Treats (pre-packaged)
Corn Flakes

GENERAL MILLS:

Cinnamon Toast Crunch
Cheerios (regular, Fruity, Apple Cinnamon, frosted only)

KEEBLER

Vanilla Wafers (golden, mini)
Elf Grahams (honey, cinnamon)
Scooby Doo Graham Crackers
Wheatables (original, honey wheat)
Club Crackers
5 pack cheese and pretzel dip
Town House Classic Crackers
Toasted (Wheat, Butter crisp)
Wheat Thins

Bowl in Basket – Shop Rite Brand

Regular chips
New Orleans chips
Barbeque

Utz

Popcorn
Pretzels
Chips
Cheese doodles

Enjoy Life Brand is all Peanut and Tree Nut free

Rich Frosted Donut Holes- Entenmann's

Pop'ems Plain Glazed Donut Holes- Entenmann's

Shop Rite Cupcakes are OK, but the label needs to be checked. They label with other allergens.

No Chocolate from Hershey's

No Bakery from Costco

No Dunkin Donuts