

Peanut and Tree Nut Free Snack Suggestion List

When choosing a peanut free snack for your child's class, it is important to **ALWAYS** check the label on the package to make sure it is **free of peanuts and nuts** of all kinds. This list is only to serve as a resource. It is in no way complete and is subject to manufacturer recalls and mislabeling. Manufacturers may have changed their equipment or product line and method since you last purchased an item from this sheet.

READING LABELS: Some manufacturers clearly state if a product has peanut or nuts in it while others, it is almost hidden. PLEASE READ THE LABELS, each time you purchase. 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"

Thanks you for taking the time to read the labels and discussing the topic of "safe snacks" with your child! Your diligence is keeping an allergic child safe at school.

FRUIT OR VEGGIES

Fresh Fruit (no *peaches or plums*)

Fresh Veggies

Raisins (plain, not yogurt or chocolate covered)

Applesauce cups

Mandarin orange cups

Pear cups

Fruit Snacks (Betty Crocker Brand, Target, Annie's Organic or Meijer Brand only) **NOT KELLOGG**

DAIRY SNACKS

Danimals, Go-gurts, Trix yogurt

String Cheese (Sargento or Meijer Brand)

Kraft Cubes or sliced cheese

Sargento Mootown Snacks (Cheese and Pretzels, Cheese and Crackers, Cheese and Sticks)

Better Cheddars
Ritz Crackers (not Ritz Bits)
Ritz Chips (original, cheddar)

MEIJER BRANDS:

Starfish and Pals
Honey and Cinnamon Grahams
Wheat Crackers

SUNSHINE:

Cheeze-its
Big Cheeze-It

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

PEPPERIDGE FARM:

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

KRAFT:

Handi Snacks (breadsticks and cheese, Mister Salty and cheese, Oreo cookie sticks and cream, Ritz cracker and cheese)

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

COOKIES

Nabisco Oreo (blue pack only)

Nabisco Oreo Golden (yellow package)

Rice Crispy Treats (pre packaged)

Enjoy Life (all flavors) **known for their allergen free cookies!

For Will Cookies (allergen free) local cookie designer <http://www.forwillfoods.com/>

Loora Doones

Keebler Vanilla or Rainbow wafer

COLD TREAT

Philly Swirl Brand (at Meijer): Popsicles, ice cups, swirled popsicles

Icee-Squeeze up tubes

Flavor Ice tubes

Minute Maid Frozen Lemonade
