

## PEANUT FREE/NUT FREE SNACK LIST

Please avoid snacks that contain **peanuts, peanut flour, peanut oil** or **peanut butter** or other nuts. This includes snacks with almonds, coconuts, sunflowers, filberts, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, and walnuts. (Tree nuts)

Quick check brands: Kellogg's, Keebler, General Mills, Betty Crocker and Quaker Oats brands are excellent at calling out allergens in a box:

**Example: CONTAINS PEANUT AND EGG INGREDIENTS**

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

Please note: **Food labels/ingredients may change over time**, so it is always recommended that you read the label before purchasing snacks. Please read labels carefully to make sure that products are nut free. This includes labels that read "May contain traces of peanuts/nuts".

### I. HEALTHY SNACKS (Daily classroom snacks)

#### A. FRUIT/VEGETABLES

\* Any fresh fruit (apples, orange)

#### B. CHEESE/DAIRY

\* String cheese or other cheeses (1 oz.)

\* Kraft Handi-snacks with cheese (with red sticks)

\*\*Be careful with any other type of pre-packaged cheese and cracker sandwiches, most contain nuts/traces of nuts

#### C. CRACKERS/SNACK ITEMS

\* Triscuits, Wheat Thins, Vegetable Thins (all flavors)

\* Ritz crackers/dinosaurs/sticks (NOT Ritz bits or sandwiches)

\* Ritz Crackerfuls (Classic cheddar, Four cheese, Garlic herb)

\* Town House, Club, Toasteds

\* Cheez-Its, Cheese Nips, Better Cheddars

\* Saltines, Oyster crackers

\* Wheatables, Air Crisps, Munch'ems, Keebler Snack Stix

\* Kashi Tasty Little Crackers (TLC)

\* Breton brand crackers

\* Goldfish crackers

\* Annie's Bunnies

\* Graham crackers, Graham cracker sticks

\* Teddy Grahams or Teddy Graham character brand

\* Animal crackers (Austin Zoo, Barnum)

\* Vanilla wafers

\* Cereals

    Cheerios (NOT Honey Nut or Frosted)

    Chex (Rice, Corn, Wheat)

    Cinnamon Toast Crunch

    Corn Flakes

    Crispix

    Frosted Mini-Wheats

    Kashi (Go Lean Crunch, Good Friends, Cinnamon Raisin Crunch, Heart to Heart)

Kix

Life (Not Vanilla Yogurt Crunch)

- \* New Nabisco 100 Calorie Packs – Yogurt flavored pretzels
- \* Nabisco Toasted Chips Ritz snack mix
- \* Small bagels (Lenders or Thomas brand) with cream cheese ( no nut type)
- \* Popcorn
- \* Pretzels
- \* Nutrigrain cereal bars/yogurt bars
- \* Special K Bars (NOT Honey Nut)
- \* Special K Snack Bites
- \* Fig Newtons (all flavors)
- \* Rice Cakes (NOT Quaker brand)
- \* Quaker Quakes (mini rice cakes)/Mini Delights (all flavors)
- \* Potato Soy Crisps
- \* Gensoy Soy Crisps
- \* Cheez-It Party Mix/Munchie Party Mixes
- \*\*Have not found any other brands of Chex type mixes to be peanut/nut safe

Source: [http://www.nscsd.org/webpages/awerksman/file\\_viewer.cfm?secFile=926](http://www.nscsd.org/webpages/awerksman/file_viewer.cfm?secFile=926)