

Safe Snack List

- The following “safe snacks” are peanut and tree nut free. They also do not contain any warnings regarding possible cross contamination.
- Please read food labels **EVERY TIME** – manufacturing process can and do change frequently. Also some products are made in multiple facilities that use different manufacturing processes.
- **AVOID** any products containing the ingredients: peanut, peanut flour, peanut oil, peanut butter, nut butter, nut flour, nut oil, almonds, cashews, brazil nuts, pecans, pistachios, hazelnuts, pine nuts, macadamia nuts, pesto **AND** any products containing the following warnings: “May contain trace amounts of peanuts/tree nuts” or “Processed in a facility that also processes nuts/peanuts.”
- Keep this list in mind for Birthday day and holiday treats
- All products from bakeries, doughnut shops, etc... are **NOT** safe

Thank you for your support and cooperation in keeping all our children safe from experiencing a life-threatening reaction in school!!

FRUIT & VEGGIES

Apples slices, bananas, melon, pineapple, orange slices, berries, etc...

Del Monte & Dole fruit cups

Carrot sticks, little tomatoes, bell pepper, cucumbers, etc...

Mott's and Musselman Apple sauce cups

Sunmaid & Dole Raisins (not yogurt or chocolate covered)

DAIRY

Yogurt cups (avoid granola and candy pieces)

Dannon yogurt smoothies

Jell-o pudding cups and gelatin, Kraft Handi pudding, Hunts pudding

String cheese

Cheese cubes

CEREAL & CEREAL BARS

Chex – wheat, rice, corn, cinnamon

Cheerios – NOT Honey nut, Frosted or Peanut Butter

Cornflakes, Wheaties, Kix, Life

Frosted Min-wheats

Raisin Bran

FiberOne 80 – chocolate and honey
Special K Cereal bars – NOT honey nut or pretzel
Nutrigrain Cereal bars
Pop Tart minis – chocolate, strawberry
Original Rice Krispies Treats

CRACKERS & COOKIES

Goldfish
Nabisco Graham Crackers
Wheat thins, Triscuits, Wheatables, Club Crackers and Snack Sticks, Townhouse Crackers and flatbreads, Ritz (NOT Ritz bits)
Girl Scout Cookies: Trefoils and Thin Mints
Oreos (original blue packaging) & golden Oreos (gold packaging), mint Oreos, chocolate crème Oreos
Lorna Doone crackers
Teddy Grahams
Keebler Graham crackers and Graham snacks
Barnum's Animal Crackers
Nabisco Animal Crackers
Nabisco 'Nilla Wafers
Fig Newtons
100 Calorie Packs – Chips Ahoy, Oreo Thin Crisps, Wheat Thins, Cheese Nips
Oreo Cookies – Original, Double Stuff, Cool Mint Oreo Cookies, Choc. Creme
Oreo Cookies – Uh-Oh - Double Stuff – Original, Chocolate Creme
Mini Chips Ahoy
Chips Ahoy Chocolate Chip Cookies – Original, Chocolate Chunk (not white chocolate)

PRETZELS & CHIPS

Herr's: Thin pretzels, pretzel rods, popcorn, chips
Rold Gold: Pretzel twists, sticks, rods, mini twists, honey-wheat pretzels
Utz – Halloween size snacks, cheese balls, potato chips, popcorn
SmartPop popcorn
Popchips
Ruffles, Lays – Original and Baked
Pringles
Tostitos tortilla chips
Salsa – Tostitos, Giant Eagle
Doritos, Fritos, Cheetos

Sunchips

CANDY

Hershey's Chocolate Bars & Special Dark – Personal size ONLY

Hershey's Kisses and Special Dark – Read the packages as these are made in many facilities

Dum Dums

Smarties, Skittles, Swedish Fish, Dots, Starburts, Whoppers

Tootsie Rolls and Tootsie Roll Pops, Rolos, Pez, Lifesaver, Twizzlers

Vermont Nut Free Chocolate – www.vermontnutfree.com

Junior Mints, York Peppermint Patties, Andes Mints

Kraft Marshmallows

Fruit Snacks: Sunkist, Kelloggs, Giant Eagle, Gushers

FROZEN TREATS

Popsicles

Breyer's ice-cream: Vanilla, strawberry, chocolate

Giant Eagle ice-cream sandwiches

Dole fruit bars

Luigi's Italian ice

BAKING PRODUCTS

Betty Crocker and Pillsbury Cake Mixes and Brownie Mixes that do not contain nuts – PLEASE read the labels

Betty Crocker Cookie Pouches – sugar, chocolate chip, oatmeal

Pillsbury refrigerated sugar cookie mix

Hershey's Chocolate Chips – NOT Tollhouse

Betty Crocker Chocolate Chip and Blueberry Muffin Mix

Always Read the Label

The label is the best source in determining what is in the product. If you are allergic or sensitive to certain foods or ingredients, you should always read the ingredient statement and any allergen statements to ensure the product does not contain ingredients of concern to you.

For general information about food allergies, please visit the website of the Food Allergy & Anaphylaxis Network: <http://www.foodallergy.org/>