



## PEANUT/NUT-FREE SNACK SUGGESTION LIST



When choosing a peanut/nut-free snack for your child, 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 since you last purchased an item from this list.

### **Reading Labels:**

Some manufacturers clearly state if a product has peanuts/nuts in it while with others, it is almost hidden. **Please read the label each time you purchase foods to make sure ingredients have not changed.** Do not purchase items with allergy and ingredient alerts such as:

**"May Contain Peanuts or Tree Nuts"**

**"Processed on shared equipment with Peanuts or Tree Nuts"**

**"Contains Peanut or Tree Nut Ingredients"**

#### **Healthy Snacks**

Fresh Fruit  
Veggies & Dip  
Raisins (plain, not yogurt or chocolate covered)  
Cheese & Safe Crackers  
Applesauce Cups  
Yogurt Cups & Tubes (most kinds)

#### **Nabisco Snacks**

Cheese Nips  
Newton Bars & Fig Oreo Cookies (Plain)  
Teddy Grahams  
Nilla Wafers  
Barnum's Animal Crackers  
Honey Maid (original, chocolate, honey, lowfat, cinnamon sticks, honey sticks, choc. Sticks)  
Triscuits (plain)  
Wheat Thins (original, honey, ranch, redu. Fat)  
Premium Saltines  
Better Cheddars  
Chips Ahoy  
Ritz (original, whole wheat, sticks, dinosaur)  
Ritz Chips ( original, cheddar)

#### **Pudding and Gelatins**

Jello-O Gelatin and Pudding Cups  
Hunts Pudding and Pudding Tubes  
Kraft Handi-Snacks Pudding Cups

#### **Fruit Snacks**

Nabisco  
Betty Crocker  
Kellogg's / Disney / Sunkist  
NOT BRACH'S

#### **Keebler**

Vanilla Wafers (golden, mini)  
Grahams (original, honey, cinnamon, chocolate)  
Scooby-Doo Graham  
Wheatables Crackers  
Club Crackers

#### **Pepperidge Farms**

Goldfish (original, colors, cheddar, pretzel, baby, giant, flavor-basted)  
Pre-Sliced Mini-Bagels

#### **Kellogg's**

Rice Krispie Treats (original)  
Cereal and Milk Bars ( Cocoa Krispies, Froot Loops, Frosted Flakes)  
Pop Tarts  
Nutrigrain Cereal Bars  
Nutrigrain Yogurt Bars (strawberry, vanilla or blueberry)

#### **Kraft**

5 Pack Handi-Snacks (breadsticks & cheese, Mister Salty pretzels & cheese, Oreo cookie Sticks & cream, Ritz crackers & cheese)

#### **Popcorn**

Pop Secret  
Orville Redenbacher  
Act II

#### **Dips**

Kraft Ranch  
T'Marzett's Buttermilk Ranch  
T'Marzett's Veggie Dip Ranch  
Ken's Steakhouse Ranch  
Hidden Valley Ranch  
T'Marzett's Carmel Fruit Dip  
T'Marzett's Chocolate Fruit Dip

#### **Cereal**

Kellogg's Corn & Frosted Flakes  
General Mills Kix  
General Mills Chex  
General Mills Cheerios (regular, fruity, tripple berry, yogurt, strawberry, apple cinnamon)  
**\*\*Multigrain & Honey Nut are NOT safe!!\*\***  
Post Shredded Wheat  
Post Grape Nuts  
Post or Kellogg's Raisin Bran

**Sunshine**

Cheeze-It (original, TwisterZ, white cheddar, Sponge Bob, Gripz)

**Ice Cream**

Breyer's (natural, vanilla, French vanilla, choc. Chip chocolate, strawberry)

Minute Maid Juice Bars

Popsicles

Jell-O Brand Pudding Pops

Deans neopolitan ice cream sandwiches

Welch's Fruit Juice & Whole Fruit Bars

Dove Ice Cream Bars

Klondike Bars

Good Humor (strawberry shortcake, and chocolate éclair bars)

**Candy**

Skittles (by Mars, Inc.)

Starbursts (by Mars, Inc)

Dots (by Tootsie Roll)

Tootsie Rolls (only in original brown bag by Tootsie Roll)

Tootsie Pops (by Tootsie Roll)

Smarties (by CE DE Candy)

Blow Pops (by Charms)

Mike & Ike's (by Just Born)

Twizzlers Licorice (by Hershey)

Cherry Bites Twizzlers

Laffy Taffy (by Nestle)

Life Saver Gummies (by Kraft)

Swedish Fish

Dum-Dums

Sour Patch Kids (by Cadbury)

Sweet Tarts

Most Bubble gum



**\*\*ITEMS MADE IN A STORE BAKERY**

(Kroger, Sam's Club, Costco, Meijers's, etc..) **SUCH AS**

**CUPCAKES/CAKES/COOKIES**

**ARE NOT PEANUT/TREE-NUT SAFE!! \*\***