

Peanut and Tree Nut Free Snack List (NOT a Dairy or Gluten free list) 2018-2019

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 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"

Thank 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.

Cheese

Cheese sticks
Babybel brand rounds

Chips/Pretzels

Chips-Tostito tortilla chips (plain), Lays, Pringles and Deep River brand plain potato chips, fritos, plantain chips (trader Joe's brand), Sun Chips (original), Terra brand (original)

Veggie Straws and Chips-Sensible brand

Pretzels-Bachman, Goldfish and Herr's brand, Glutino gluten free pretzel twists, Snyder's gluten free (plain for ALL brands)

Cereal/Bars

Belvita **Breakfast biscuits**-blueberry, cinnamon brown sugar, and strawberry sandwich only

Cereal-Corn & Rice Chex, Frosted Mini Wheats, Plain & Multi Grain Cheerios (Cheerios brand only), Kix, corn and/or rice puffs

Cereal Bars- Kashi brand (strawberry, blackberry, cherry vanilla), Enjoy Life brand chewy bars, Nutrigrain brand

Granola-Enjoy Life brand only

Granola Bars-Enjoy life brand health bars, Vermont Nut Free brand, Made Good brand

Crackers

Back to Nature brand classic round

Milton's brand Sea Salt (gluten free)

Saltines (any brand)

Wheat crackers-Wheat Thins, Triscuits, Back To Nature

Animal crackers-365 Organic Classic Vanilla (Whole Foods), Kinni-Kritters brand (gluten free) and Happy Snacks brand

Graham crackers-All brands are acceptable
Goldfish crackers (any flavor)

Rice crackers and cakes-Kame brand rice crackers plain or salted only, Lundberg brand rice cakes (any flavor), Bamboo Lane brand rice rollers

Cookies

School safe brand cookie bars (any flavor)

Teddy and Bunny graham cookies - Nabisco, Keebler and Annie's brand

Popcorn

Popcorn plain all acceptable

Smartfood and Earth Balance brand white cheddar

PopCorners brand popped corn snack

Corn cakes (plain only)

Pirate brand- Veggie and Pirate Booty, Ting corn sticks

Fruits/Veggies

Fruit sauces- All are acceptable (applesauce, strawberry sauce, etc.)

Fruit roll ups and snacks- Annie's and Mott's brand;

Stretch Island Fruit Company (gluten free)

Fruits and Vegetables-All are acceptable

Olives

Dried fruit (plain)

Beans

All beans are acceptable

Dried beans-The Good Bean brand

Meats

All meats and poultry are acceptable

Oberto brand bacon jerkey