



PEANUT/ TREE 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 manufacturer's clearly state if a product has peanuts/nuts in it while 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", and "Contains Peanut or Tree Nut Ingredients".

Fruits

All fresh fruits, Dole and Del Monte fruit bowls, Craisins, Applesauce Cups
Sun Maid Raisins (not chocolate or yogurt covered)

Vegetables

All fresh vegetables including:
Carrots with ranch dip, Celery sticks with cream cheese or ranch dip

Gummy Snacks

Betty Crocker and Kellogg's fruit snacks including:
Fruit Roll-ups, Fruit by the Foot, Fruit Gushers, Stackerz

cookies

NO GRANOLA BARS!

Oreos: Original, Double Stuf, Mint Crème, Chocolate Crème, Golden Oreos, Golden with Chocolate (not Peanut Butter Crème or Oreo Cakesters)

Nilla Wafers

Teddy Grahams (chocolate, honey, chocolate chip and cinnamon)

Chips A-Toy (not Mini's)

Pepperidge Farm – Milano, Chessmen, Shortbread and Sugar Cookies, Soft Baked Chocolate Chunk and Oatmeal

Keebler – Grasshoppers, Butter Cookies

Nabisco – Barnum Animal Crackers, Oatmeal and Iced Oatmeal Cookies,

Fig Newtons, Rice Krispy Treats (plain only), Nutri Grain bars (e.g., strawberry, apple, blueberry, cherry), NutriGrain Twists bars,

Special K bars (strawberry, vanilla and chocolate only)

salty snacks

Rold Gold Pretzels, Ruffles and Lays Potato Chips (not Mike Sells)

Sun Chips, Fritos, Doritos (not crackers), Tostitos, Pringles,

Popcorn – Pop Secret, Orville Redenbacher

crackers

Honey Maid Cinnamon Grahams and Sticks, Honey Grahams and Sticks

Ritz Crackers (plain or bistro, not sandwiches)

Keebler -- Club Original crackers and Snack Sticks (not sandwiches)

Nabisco Saltines

Sunshine Cheez-Its

Toastedos Buttercrisps

Triscuits

Wheat Thins

Pepperidge Farm Goldfish (plain, pretzel or cheddar flavors)

Sargento Mootown Crackers and Cheese Dip

Keebler Town House Crackers

Kraft Handi-Snacks Crackers with Cheese Dip

Jellos and Puddings

Kraft Handi-Snacks – Vanilla and Chocolate Pudding, Wacky Gels

Hunts – Juicy Gels, Vanilla and Chocolate Pudding

Jell-O – Vanilla, Chocolate and Oreo puddings

Dole Fruit-n-Gel Bowls

Del Monte Fruit and Gel To-Go Bowls

Frozen Treats

Minute Maid – Juice Bars, Fruit and Cream Swirls, Frozen Lemonade

Good Humor – Fudgesicles, Popsicles, Fire Crackers, Great Whites, Scribblers, MicroPops

Nestle – Icecreamers, Flintstones Rainbow Sherbet Treats and Juicy Juice Frozen Pops

Tropicana Fruit Juice Bars

Welch's Fruit Juice Popsicles

Homemade Brand vanilla, chocolate, chocolate chip, mint chocolate chip ice creams (no peanut butter or nut varieties)

Breyers vanilla, chocolate, chocolate chip, mint chocolate chip ice creams (no peanut butter or nut varieties)

Miscellaneous

Cheese – String Cheese, shaped cheese, cheese slices

Yogurt – Danimals drinkables, Gogurt, Yoplait

T. Marzetti's Caramel Apple dip (with apples)

Cereals – Regular Cheerios, Strawberry Yogurt Cheerios, Kix, Cinnamon Life, Frosted Mini Wheats

Entenmann's Lil Bites Muffins (blueberry and chocolate chip)

Pizza – Dominoes, Donatos, Papa John's, Papa Murphy's

Candy/Doughnuts

Hershey Milk Chocolate bars (regular size without almonds)

Hershey's Kissables, York Peppermint Patties, Junior Mints, Tootsie Rolls, Smarties, Rolos, Milk Chocolate Hershey Kisses, Starburst, Skittles, Twizzlers, Sweet Tarts, Tootsie Roll Pops, Dum Dum suckers

Doughnuts – Krispy Kreme Original Glazed with or without sprinkles,
Magee's Bakery Sugar Cookies and Glazed Doughnuts

Cake, Cookie and Brownie Mixes, Icing

Pillsbury Chocolate Chip and Sugar Cookies from the roll (not pre-measured, found in refrigerated section. Not Nestle brand cookies)

Pillsbury and Betty Crocker boxed brownie mixes (not Duncan Hines or Ghirardelli mixes)

Betty Crocker boxed cake mixes – Super Moist Yellow, Butter Recipe, Chocolate Fudge, Triple Chocolate Fudge, Cherry Chip, French Vanilla, Vanilla and White

Pillsbury boxed cake mixes – Moist Supreme Classic Yellow, Golden Butter, Chocolate, Classic White, Funfetti

Duncan Hines boxed cake mixes – Butter Recipe, Golden, Classic Yellow, Butter Fudge Recipe, White

Betty Crocker boxed cookie mixes - Oatmeal, Chocolate Chip, Oatmeal Chocolate Chip, Double Chocolate Chunk

Betty Crocker Blueberry Muffin Mix, Cinnamon Streusel Muffin Mix

Krusteaz Blueberry Muffin Mix, Chocolate Chip

Muffin Mix (not Martha White muffin mixes)

Betty Crocker and Pillsbury canned icing flavors (not Duncan Hines icings)

ITEMS MADE IN A STORE BAKERY (Kroger, Sam's Club, Costco, Etc) such as cupcakes, cakes, and cookies are NOT peanut/nut free!!