

Gluten and Nut-free Treat List (if a specific “brand” is mentioned...it must be that brand)

Candy: Lemon Heads, Skittles, Starburst (regular), Swedish fish, Smarties, Peeps, Dots, Dum Dums

Cold treats: Popsicle brands popsicles, Push ups, Italian Ice, Lemon Chills, Gogurts (good frozen), UDF brand vanilla ice cream cups, UDF sherbet

Crunchy: Lays Potato Chips (Classic), Cheetos (original), Nacho Doritos, Frito (Frito Lay brand), Kettle brand plain chips, Tostito Scoops, Rice cakes

Other: whole oranges, clementine’s, apples, bananas, bags of baby carrots and celery (the ones cut and sealed in a bag), apple slices (the kind that are pre-sliced and in a bag), bag of cut up broccoli and cauliflower, plain hummus, jarred salsa, cheese, cheese sticks, plain applesauce cups, cinnamon applesauce cups, granny smith applesauce cups, original slim jims

Beverages: water bottles, apple juice, grape juice, Sprite, lemonade, A&W root beer, Crush orange and grape soda

NUT-FREE TREATS THAT AREN’T GLUTEN-FREE

Candy: Life Saver (hard and chewy), Push-pops, Sour-Patch kids, Starburst Jellybeans, Twizzlers, Kraft Caramels, Mike & Ike, Jolly Ranchers

Chips and Crunchy: Goldfish pretzles, Rold Gold pretzel sticks and rods, Restaurant-Style Tostitos, Sunchips original and Cheddar, Pringles (original, BBQ and Sour cream and onion), Cheez It’s, Goldfish crackers, Keebler Club crackers, Townhouse Original

Cookies/Etc.: Keebler graham crackers (original, honey, cinnamon), Teddy grahams (original and honey), Keebler Vanilla wafers, Barnum’s Animal Crackers, Lorna Doone Shortbread cookies, Fig newtons by Nabisco, Kellogg’s Poptarts (brown sugar and cinnamon, frosted strawberry)