

Peanut Free/Tree Nut Free Snack List

Please avoid snacks that contain **peanuts, peanut flour, peanut oil, or peanut butter** or other nuts.

Please note: **Food labels/ingredients may change over time**, so it is always recommended that you read the label before purchasing snacks. Please read labels carefully to make sure the products are nut free. This includes labels that read "May contain traces of peanuts/nuts" or "Manufactured in a facility that also processes peanuts."

Thank you for your consideration and support in keeping the food-allergic children safe from having a life-threatening allergic reaction at school.

Approved Snacks

Fruits

All fresh fruit
Sun-Maid Raisins (**not chocolate covered**)

Gummy Snacks

(not Brachs) Only Betty Crocker or Nabisco Fruit Snacks including:

Fruit Roll-Ups
Fruit By the Foot
Gushers
Shark Bites
Fun Fruits
Scooby Doo Fruit Snacks
Trix Fruit Snacks
Hi-C Fruit Snacks

Cookies

Nilla Wafers
Oreos & Mini Oreos (not mint-crème)
Chips-A-Hoy (not minis)
Bisco Wafers
Teddy Grahams
Keebler – Fudge Stripes
Nabisco – Barnum Animal Crackers, Oatmeal & Iced Oatmeal cookies, Cameo Cookies, Fig Newtons,

Salty Snacks

Rold Gold Pretzels
Ruffles Potato Chips

Lays Potato Chips

Fritos

Doritos (**not crackers**)

Cheetos

Tostitos

Pringles (**original only**)

Popcorn – Pop Secret, Orville Redenbacher, Healthy Choice

Crackers

Honey Maid – Cinnamon Grahams & Sticks, Honey Grahams & Sticks

Ritz Crackers (**plain only, not sandwiches**)

Keebler Club Crackers (**original only, not sandwiches**)

Nabisco Saltines

Sunshine Cheez-Its

Triscuit

Wheat Thins

Pepperidge Farm Cheddar Goldfish (**only plain, pretzel or cheddar**)

Keebler Town House Crackers

Misc.

Cheese

Candy-Starburst, Skittles, Twizzlers, Milk Duds, DOTS, Sour Patch Kids, and Tootsie Rolls

Jet Puffed Marshmallows

NOT SAFE SNACKS

This "NOT SAFE" list is not extensive, but merely a list of common products that are NOT safe.

No peanut butter/nuts/trail mix
No products that do not have a list of ingredients
No baked goods
No M&Ms – plain or peanut
No Ritz-bitz sandwich crackers
No cheese & cracker sandwiches/snack packs
No Little Debbie products

READ EVERY LABEL EVERY TIME / FOOD LABELS AND INGREDIENTS MAY CHANGE OVER TIME!