

# PEANUT & TREE NUT FREE SNACK LIST

Revised 10/10/17

Please avoid snacks that contain **peanuts** (including peanut flour, peanut oil, or peanut butter) or **tree nuts** (including almonds, cashews, pecans, macadamias, hazelnuts/filberts, Brazil nuts, pistachios, pine nuts, walnuts, and coconut, or any nut flour, oil, or butter).

***Please note:** Food labels/ingredients may change at any time, so **please check the label** before purchasing snacks, even those on this list. Please read labels carefully to make sure the products are safe. This includes avoiding labels with cross contamination warnings such as “may contain traces of peanuts/tree nuts” or “produced in a facility that also processes peanuts/tree nuts” or any similar statement.*

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

***READ EVERY LABEL EVERY TIME.***

***FOOD LABELS AND INGREDIENTS MAY CHANGE ANY TIME!***

## FRUITS/VEGETABLES

- Fresh fruit: apples, oranges, bananas, grapes, pears, plums, clementines, melons, berries, etc
- Applesauce cups, squeeze packs, and assorted flavored applesauce
- SunMaid, Sunsweet, Ocean Spray, barefruit or Market Pantry dried fruits (*NOT trail mixes*)
- Enjoy Life Seed & Fruit Mix
- Fruit cups: peaches, pears, oranges, pineapple, fruit cocktail, fruit blends, etc
- Fresh vegetables: carrots, grape tomatoes, cucumber or pepper slices, broccoli, celery, etc
- Vegetable dips (*most okay but check labels*)

## CHEESE/DAIRY

- Yogurt in individual cups or tubes (*NO nut-based alternatives or flavors; some soy products are not safe – read labels*)
- String cheese, cottage cheese, or other cheeses (*check labels for warnings*)
- Drinkable yogurt or smoothies

## CRACKERS/CHIPS/SNACK ITEMS

- Annie’s Homegrown Bunnies/Crackers/Grahams/Snack Mix (*NOT snack kits*)
- Triscuits & Triscuits Thin Crisps, Wheat Thins & Wheat Thins Toasted, Good Thins (not rice varieties)
- Ritz crackers, toasted chips, Crisp & Thins (*NOT Ritz Bits or sandwiches*)
- Town House, Club, Toasteds, saltines, oyster crackers
- Dare brand crackers: GrainsFirst, Breton, Vinta, Cabaret, Water Crackers
- Cheez-It and Cheez-It Grooves
- Goldfish crackers
- Honey Maid Graham crackers, Teddy Grahams, or Teddy Graham characters
- Fruit Newtons
- Animal crackers (*Austin Zoo, Barnum, Annie’s – NOT Market Pantry*)
- Nilla wafers, Nabisco Ginger Snaps
- Many pretzels (*Please read all labels*)

- Pirate's Booty
- Clif Kid ZFruit or ZFruit & Veggie bars (*NOT any other Clif or Clif Kid products*)
- YumEarth Fruit Snacks or Dare RealFruit
- Nutrigrain Soft-Baked cereal bars
- Cheetos & Simply Cheetos, Doritos, Tostitos Simply, regular, or baked
- Sun Chips
- Simply Balanced corn chips (*available at Target*)
- Lays or Simply Lays potato chips
- Skinny Pop or Boom Chicka Boom (*many other popcorns are also safe – please read all labels*)

### **SPECIAL TREATS**

- Lucy's cookies (*also egg, milk, and wheat/gluten free*)
- Fancy Pants Bakery cookies (*available seasonally at Whole Foods or online*)
- Kellogg's Rice Krispie Treats original
- Chips Ahoy or Oreos (*NOT peanut butter flavor, coconut delights, or peanut butter cup*)
- Vermont Nut Free Chocolates (*available online*)
- Divvies baked treats (*available online – also egg/dairy free*)
- Nutphree's Bakery products (*cupcakes in Mariano's and Whole Food's freezers near bakery*)
- Enjoy Life brand cookies & bars (*free of all top 8 allergens*)
- Hostess Donettes (*not crunch variety*)
- Dare brand cookies (*NOT coconut variety*)
- Gingerbread houses – A&J Bakery (*available online*)

### **CANDY** (*Avoid Brach's brand, Necco brand, bulk bins, or store/generic brand products*)

- |  |  |
|--|--|
| ● Airheads   | ● Razzles                                    |
| ● Charms Blow Pops   | ● Ring Pops ( <i>most but check labels</i> ) |
| ● Candy canes ( <i>Spangler and most brands but check labels</i> )                                     | ● Rolos                                      |
| ● Candy corn: A&J Bakery ( <i>online</i> ), Coastal Bay Confections, Sunrise, Starburst (check labels) | ● Runts                                      |
| ● Dum-Dum suckers  | ● Sixlets                                    |
| ● Gummies: Haribo, Dare, YumEarth, Surf Sweets   | ● Skittles                                   |
| ● Hershey Kisses: Milk or Spcl Dark  | ● Smarties                                   |
| ● Jolly Ranchers ( <i>orig, bites</i> )  | ● Spree ( <i>chewy and reg</i> )             |
| ● Jelly beans: Starburst, Surf Sweets, Gimbal's, YumEarth  | ● Starburst ( <i>reg and jelly beans</i> )   |
| ● Junior Mints   | ● Swedish Fish                               |
| ● Laffy Taffy  | ● Sweet Tarts ( <i>NOT Gummies</i> )         |
| ● Life Savers ( <i>orig, gummies</i> )   | ● Sweet Tarts Hearts ( <i>NOT Gummies</i> )  |
| ● Milk Duds  | ● Sour Patch Kids                            |
| ● Nerds, Nerds Ropes   | ● Tootsie Rolls                              |
| ● Pixy Stix  | ● Tootsie Roll Pops                          |
|  | ● Twizzlers licorice                         |
|  | ● Twizzlers Nibs & Hearts                    |
|  | ● Whoppers                                   |
|  | ● York Peppermint Patties & Hearts           |
|  | ● YumEarth pops, candy drops                 |

**READ EVERY LABEL EVERY TIME.**

**FOOD LABELS AND INGREDIENTS MAY CHANGE AT ANY TIME!**

**THANK YOU FOR YOUR HELP!**