



# SNACK OPTIONS

## PEANUT FREE /TREE NUT

Please avoid snacks that contain **peanuts, peanut flour, peanut oil, or peanut butter** or other nuts. This includes snacks with almonds, coconuts, filberts, Brazil nuts, cashews, hazelnuts, macadamia nut, pecans, pine nuts, pistachios, and walnuts.

*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."*

Quick check brands: Kellogg's, Keebler, General Mills, Betty Crocker, and Quaker Oats brands are excellent at calling out allergens in a box:

Example: CONTAINS PEANUT AND EGG INGREDIENTS

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

**Peanut Butter Alternative: SUN BUTTER (made with Sunflower Seeds)**

## HEALTHY SNACKS

### FRUITS/VEGETABLES

- Any fresh fruit (apples, oranges, bananas, grapes, pears, plums, clementines, strawberries, melons, berries, etc.)
- Applesauce cups (and assorted variety fruit flavored applesauce)
- Raisins, Craisins, and other dried fruits
- Fruit cups (peaches, pears, oranges, pineapple, fruit cocktail, fruit blends, etc.)
- Fresh vegetables (baby carrots, celery sticks, grape tomatoes, cucumber slices, broccoli, pepper strips, etc.)
- Vegetable dips

### CHEESE/DAIRY

- Yogurt in individual cups or tubes
- Pudding in individual cups, cans, or tubes
- String cheese or other cheeses (1 oz.)
- Drinkable yogurt or smoothies
- Cottage cheese
- Kraft Handi-snacks with cheese (with red sticks)

*\*\*Be careful with any other type of pre-packaged cheese & cracker sandwiches, most*

*contain nuts/traces of nuts*

### CRACKERS/SNACK ITEMS (most crackers now come in whole wheat)

- Crackers
  - Triscuits, Wheat Thins, Vegetable Thins (all flavors)
  - Ritz crackers/dinosaurs/sticks (*NOT Ritz bits or sandwiches*)
  - Town House, Club, Toasteds crackers
  - Cheez-Its, Cheese Nips, Better Cheddars
  - Saltines, Oyster crackers
  - Wheatables, Air Crisps, Munch'ems, Keebler Snack Stix
  - Kashi Tasty Little Crackers (TLC)
  - Breton/Dare brand crackers
  - Goldfish crackers
- Graham crackers, Graham cracker sticks
- Teddy Grahams or Teddy Graham character brands
- Bug Bites crackers
- Goldfish graham snacks
- Animal crackers (Austin Zoo, Barnum)
- Vanilla wafers
- Cereals

- Cheerios (*NOT Honey Nut or Frosted*)
- Chex (Rice, Corn, Wheat)
- Cinnamon Toast Crunch
- Corn Flakes
- Crispix
- Frosted Mini-Wheats
- Kashi (Go Lean Crunch, Good Friends, Cinnamon Raisin Crunch, Heart to Heart) cereals
- Kix
- Life (*NOT Vanilla Yogurt Crunch*)
- Wheaties
- Other unsweetened cereal without nuts
- Small bagels (Lenders or Thomas brand) with cream cheese (no nut type)
- Popcorn
- Pretzels (*most all brands, but some Snyder's products not peanut/nut free*)
- Nutrigrain cereal bars / yogurt bars
- Special K Bars (*NOT Honey Nut*)
- Special K Snack Bites
- Fig Newtons (all flavors)
- Rice cakes (*NOT Quaker brand, not nut free*)
- Quaker Quakes (mini rice cakes) / Mini Delights (all flavors safe)
- Potato Soy Crisps
- Cheez-It Party Mix / Munchie Party Mixes *\*\*Have not found any other brands of Chex type mixes to be peanut/nut safe*

## **CHIPS**

- Bugles
- Cheetos
- Doritos
- Fritos
- Potato chips
- Pringles
- Sun Chips
- Tostitos

## **ICE CREAM/POPSICLES**

- Popsicles
- Whole fruit bars
- Juice bars
- Fruit ice / Icee squeeze up tubes
- Orange push-ups
- Breyer's Vanilla ice cream
- Kroger brand – ice cream sandwiches, strawberry shortcake bars, sundae cups

## **OTHER**

- Fruit snacks (twists, gushers, roll-ups, etc.)
- Pop Tarts
- Pop Tart Snack Sticks
- Yogos / Yogos Rolls

## **SPECIAL TREATS (I know these are not 'healthy' snacks, but it does give options for this variety of 'snack')**

### **CAKES/CUPCAKES**

- Hostess cupcakes
- Hostess Twinkies, Ho Hos, Ding Dongs

### **COOKIES**

- Kellogg's brand Rice Krispie Treats (original)
- Oreos (regular, Golden, or Minis)
- Keebler Fudge Stripes, Fudge Grahams, Grasshopper Fudge Mint, E.L. Fudge sandwich cookies (original and double stuffed)
- Gripz Chips Ahoy
- Any Dare Brand cookies (Hiller's carries)

### **DONUTS/MUFFINS**

- Krispy Kreme donuts/donut holes
- Mini Donuts/Donut holes – Kroger brand (powdered sugar, glazed, plain, cinnamon sugar)
- Hostess brand (powder, frosted)
- Muffins – mini or regular – Hostess and Kroger brands (any kind but banana nut)