

## PEANUT FREE/TREE NUT FREE SNACK LIST

-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.

-Read labels carefully to make sure the products are nut free. This includes labels that read "May contain traces of peanuts/nuts" or "processed in a facility that processes products that contain peanuts/nuts." Food labels and ingredients change over time, so always read the label each time before purchasing snacks.

-Include the packaging of your treat when you send it to the classroom, so that the label may be rechecked if there are any questions.

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

### HEALTHY SNACKS

#### Fruits/Vegetables

Any fresh fruit  
Applesauce cups  
Raisin, Craisins, and other dried fruits  
Fruit cups (NOT DEL MONTE)  
Fresh vegetables  
Vegetable Dips

#### Cheese/Dairy

Yogurt in individual cups or tubes  
Pudding in individual cups, cans or tubes  
String cheese or other cheeses  
Drinkable yogurt or smoothies  
Cottage cheese

#### Crackers

Triscuits, Wheat Thins, Vegetable Thins  
Ritz crackers/dinosaurs/sticks (Not Ritz Bits or sandwiches)  
Town House, Club, Toasteds  
Cheez-Its, Cheese Nips, Better Cheddars  
Saltines, Oyster crackers  
Wheatbles, Air Crisps, Munch'ems,  
Keebler Snack Stix  
Brenton brand crackers  
Goldfish crackers  
Graham crackers, Graham cracker sticks  
Teddy Grahams  
Animal Crackers (Austin, Zoo, Barnum)

#### 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, Heart to Heart) cereals  
Kix  
Life (NOT Vanilla Yogurt Crunch)  
Wheaties

#### Other Snack Items

Small bagels (Lenders or Thomas brand) with cream cheese (no nut type)  
Popcorn  
Pretzels  
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)  
Cheez-It Party Mix/ Munchie Party Mixes  
Kellogg's brand Rice Krispie Treats (original)  
Sun Chips  
Yogos/Yogo Rolls

**READ EVERY LABEL EVERY TIME!**

**FOOD LABELS AND INGREDIENTS MAY CHANGE**