

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!