

# Peanut Free and Tree Nut Free Snack List

Please avoid snacks that contain **peanuts, peanut flour, peanut oil, peanut butter or other nuts and seeds**. This includes snacks with sesame seeds/oil, almonds, coconuts, filberts, Brazil nuts, cashews, hazelnuts, macadamia nuts, 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 and seed 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 allergies in a box:

Example: Contains peanut and egg ingredients.

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

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## Healthy Snacks

### Fruits/Vegetables

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

### Cheese/Dairy

- Yogurt in individual cups or tubes
- Cheese slices or cubes
- Pudding cups, cans or tubes
- String cheese or other cheeses
- Drinkable yogurts or smoothies
- Cottage cheese
- Kraft Handi-Snacks with cheese
- Yogos

# Healthy Snacks con't

## Crackers/ Snack Items

- Crackers
  - Triscuits, Wheat Thins, Vegetable Thins (all flavors)
  - Ritz Crackers or Sticks (NOT Ritz Bits or Sandwiches)
  - Town House, Club, Toasteds crackers
  - Cheez-Its, Cheese Nips, Better Cheaddars
  - 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
- Bug Bites crackers
- Goldfish graham snacks
- Gripz cheese crackers
- 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 cereals without nuts
- Small bagels (Lenders or Thomas brand) with cream cheese (no nut type)
- Popcorn
- Pretzels (most all brands)
- NutriGrain cereal bars/yogurt bars (most other brands of granola bars contain peanuts/nuts)
- Special K Bars (NOT Honey Nut)
- Special K Snack Bites
- Fig Newtons (all flavors)
- Rice Cakes (NOT Quaker brand, not nut free)
- Cheeze-It Party Mix

## Special Treats (for parties or lunch)

### Cakes/Cupcakes

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

### Cookies

- Kellogg's brand Rice Krispie Treats (original)
- Oreos (regular, Golden, Minis)
- Keebler Fudge Stripes, Fudge Grahams, Grasshopper Fudge Mint, EL Fudge sandwiches)
- Gripz Chips Ahoy

### Donuts/Muffins

- Krispy Kreme donuts/donut holes
- Mini Donuts/Donut Holes
- Hostess brand (powdered, frosted)
- Muffins - mini or regular - (NOT banana nut)

### Chips

- Potato Chips
- Sun Chips
- Tostitos
- Pringles
- Fritos
- Doritos
- Cheetos
- Bugels

### Ice Cream/Popsicles

- Popsicles
- Whole fruit bars
- Juice bars
- Fruit ice/icee squeeze up tubes
- Orange push-ups
- Breyer's Vanilla ice cream

### Other

- Skittles
- Dum Dum lollipops
- Smarties