

Peanut Free/Nut Free Snack Ideas

When purchasing snacks, PLEASE READ ALL INGREDIENTS CAREFULLY.

AVOID snacks that contain peanuts, tree nuts, peanut flour and peanut oil.

AVOID snacks that have been prepared in a facility that also uses peanuts or tree nuts.

**INGREDIENTS CAN CHANGE AS CAN THE FACILITY THAT PRODUCES.
ALWAYS CHECK THE LABELS FOR CHANGES!**

Cereal/bars

General Mills

Cinnamon Toast Crunch

Kix, Berry Berry Kix

Lucky Charms

Rice Chex, Corn Chex, Wheat Chex

Trix

Kellogg

Corn Pops, Crispix, Fruit Loops

Post Alpha Bits, Quaker Cap n Crunch

Nutri Grain apple, blueberry, raspberry

Nutri grain Twist, ban., straw. & cream

Cheese/Dairy

Sargento

Mootown Snacks-cheese

Sliced, cubed, shredded,

String, cream and spread cheeses

Yogurt

Go-gurt, drinkables

Yogurt cups

Cracker/chips/cookies

Zoo Animal Crackers

Frito Lay;

Cheetos-crunch

Rold Gold pretzels

Sun chips

Bugles-Original

Keebler;

Bite size snacking grahams-cinnamon, chocolate

Elf Grahams-honey, cinnamon

Fudge stripes shortbread cookies

Golden vanilla wafers

Grasshopper mint cookies

Rainbow vanilla wafers

Snack stix

Toasted wheat buttercrisp

Townhouse classic crackers

Wheatables-original, honey wheat, seven grain

Betty Crocker; Dunk Aroos

Cinnamon Graham cookies,

Sprinkled Vanilla Frosting

Hostess;

all products-READ LABELS

Kraft;

Handi-snacks cheez n crackers

apple dippers, cheez n pretzels,

handi snacks, teddy grahams-honey

Old Dutch

Baked cheez curls, chips, crunchy

curls, pretzels

Nabisco

Air Crisps-potato, sour cream, ranch,

Bbq, cheddar, pretzel-original, ritz

Original, wheat thins original

Barnum animal crackers

Cheddar sports

Cheese nips

Dizzy grizzlies, vanilla/choc. Frosted

Graham crackers

Oreos

Pepperidge Farm

Butter thins

Gold fish- any flavor

Gold fish graham snacks-honey

and cinnamon

Pringles

any flavor

Newtons, fig, cobbler, raspberry choc.
Ritz crackers-original
Saltine crackers
Teddy cheddy
Teddy grahams-cinn., choc. Chip, honey
Triscuits

Jello
jello and most puddings

Candy
air heads, sixlets, tootsie rolls,
rolos, ring pops, lollipops, dum dums,
Shock tarts, junior mints, nerds
Starburst, Hershey kisses, ranchers
Sweet tarts, twizzlers, runts

Best Options

Fresh Fruits and Veggies
Packaged Fruits
Apple sauces, diced pears, peaches, oranges, raisins
Fruit snacks, fruit roll ups

For more information on food allergies we recommend going to www.foodallergy.org
Through the Food Allergy & Anaphylaxis Network

Some **UNEXPECTED** sources of Peanut;
Sauces, such as chili sauce, hot sauce, pesto, gravy and salad dressings
Egg rolls
Potato pancakes
Asian and Mexican dishes
Some vegetarian food products
Glazes and marinades
Pet food