

HEALTHY NUT-FREE SNACK SUGGESTIONS

Fruits, Vegetables, Cheese & Dairy:

- All fresh fruits and vegetables are acceptable (please bring in whole, unpeeled or un-cut when possible to avoid cross-contamination from cutting boards, utensils, plastic containers)
- Applesauce cups (assorted variety fruit flavored as well)
- GoGo Squeez fruit pouches (all varieties)
- Dole or Del Monte fruit or gel bowls
- Peeled Snacks brand (dried fruit varieties)
- Sensible Foods crunch dried snacks (fruit varieties)
- Raisins (plain) or Craisins and other individually packaged dried fruit (no yogurt or chocolate covered)
- Yogurt in cups or tubes
- Pudding in cups or tubes
- String cheese or other individually packaged cheeses
- Drinkable yogurt or smoothies

CRACKERS/CHIPS:

- Honey Maid Graham Crackers, Teddy Grahams
- Annie's brand snack mix, grahams
- Pepperidge Farm Goldfish snacks (all varieties)
- Rold Gold pretzels

- Snyder's of Hanover individual snack sized pretzels (check for peanut-free icon on back of package)
- Snack Factory Pretzel Crisps
- Triscuits, Wheat Thins, Vegetable Thins (all flavors)
- Ritz crackers (NOT Ritz bits or sandwiches)
- Town House, Club, Toasteds crackers
- Saltines, Oyster crackers
- Old London Melba Classic Toast Crackers
- Keebler Scooby Snacks Graham Cracker sticks
- Popcorn (Skinny Pop, Smartfood)
- Popcorners Popcorn Chips
- NutriGrain breakfast bars
- BelVita breakfast biscuits (golden oat, toasted coconut, cranberry orange, blueberry, cinnamon brown sugar)
- Sun Chips
- Pirate's Booty
- Sensible Portions brand veggie straws, veggie chips
- Quaker rice cakes
- Lenders Mini Bagels (for other brands read label)
- Cereals (no nut ingredients)

BIRTHDAY and HOLIDAY NUT-FREE TREAT SUGGESTIONS

COOKIES/SWEETS:

- Chips-A-Hoy
- Lorna Doone shortbread cookies
- Enjoy Life brand cookies or bars
- Fig Newtons
- Nilla Wafers
- Keebler cookies (EL Fudge, Fudge Stripes, Grahams, Fudge Shoppe)
- Oreos (regular, golden, double stuff)
- Kellogg's individual Rice Crispy treats (plain)
- Nabisco Barnum Animal Crackers, Oatmeal and Iced cookies

ICE CREAM/POPSICLES:

- Popsicle brand popsicles (all varieties)
- Minute Maid Juice Bars
- Dole whole fruit bars
- Breyer's Pure Fruit bars
- Good Humor Fudgesicles, Scribblers
- Edy's Fruit and Outshine Bars
- Original Bomb Pop
- Icee squeeze up tube

CANDY/FRUIT SNACKS:

- Welch's and Annie's brands of fruit snacks
- Air Heads
- Blow pops
- Dum-Dum lollipops
- Haribo Gummy bears / worms/ DOTS
- Hersey Kisses – original Milk Chocolate only
- Jolly Ranchers
- Junior Mints
- Laffy Taffy
- Life Savers (hard and gummy)
- Mike & Ike's
- Milk Duds
- Nerds
- Pixie Sticks
- Ring Pops
- Rolos
- Sixlets
- Skittles
- Smarties
- Spree
- Starburst

- Swedish Fish
 - Sweet Tarts (regular and chewy)
 - Tootsie Rolls
 - Tootsie Roll Pops
 - Twizzlers licorice
 - Whoppers
 - YumEarth lollipops and gummy bears
- * NO Mars, Ghirardelli, or Wonka Brand chocolate, M&Ms plain or peanut

Please check the label on all items before bringing into the school

****Important**** Due to continual changes in manufacturer packaging and processing, please read the ingredient label of your chosen snack to ensure that it does not contain any of the following: peanuts/nuts, peanut/nut butter, peanut/nut oil, peanut/nut flour, peanut/nut meal. For students who are highly sensitive to peanuts and/or tree nuts, avoid labels that contain the following phrases: “May Contain Peanut or Tree Nuts,” “Processed on shared equipment with Peanuts or Tree Nuts,” or “Manufactured in a plant with Peanut or Tree Nuts.”