

## NUT-FREE/PEANUT-FREE SNACK IDEA LIST – 2016 (As of April 2016)

Please note: Food labels/ingredients may change over time, so it is ALWAYS important that you read the label before purchasing snacks. This list is only to serve as a resource. It is in no way complete and is subject to manufacturer recalls and mislabeling. Manufacturers may have changed their equipment or product line since you last purchased an item from this list. **If you do send in a snack that does not have the nutrition information on the packaging, please send in a copy/picture of the nutrition information to show that it is nut-free/peanut free.**

### Reading Labels:

Some manufacturers clearly state if a product has peanuts/nuts in bold print while with others, it is almost hidden. **Please read the label each time you purchase foods to make sure ingredients have not changed.** Do not purchase items with allergy and ingredient alerts such as:

*"May Contain Peanuts or Tree Nuts"*  
*"Processed on shared equipment with Peanuts or Tree Nuts"*  
*"Contains Peanut or Tree Nut Ingredients"*

### Healthy Snacks

Fresh Fruit  
Fresh Veggies  
Fruit Cups  
Raisins (plain)  
Applesauce  
Yogurt Cups and Tubes  
(most kinds)

### Bachman

Pretzels  
Popcorn  
Jax  
Tortilla chips

### JELL-O

Gelatin and Pudding cups

### Keebler

Fudge Stripes cookies  
Grahams Crackers  
Club Crackers  
Vanilla Wafers  
Vienna Finger Cookies

### Kellogg's

Nutri-Grain Bars

### Nabisco

Barnum's Animal Crackers  
Belvita Cookies (**not** soft baked)  
Chips Ahoy - original  
Fig Newtons  
Honeymaid Graham Crackers  
Nilla Wafers  
Oreo Cookies – original & golden  
Ritz Crackers (plain)  
Saltines  
Teddy Grahams  
Triscuits  
Wheat Thins  
Cheese Nips  
Oyster Crackers

### Pepperidge Farms

Goldfish  
Simply Pretzel Thins

### Pirate's Brands

Pirate Booty  
Smart Puffs

### Quaker

Popped rice crisps

### Rold Gold

### Smart Food

Popcorn

### Sunshine

Cheez-its