

NUT-FREE/PEANUT-FREE SNACK IDEA LIST

(Updated April 2018)

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. If you send in Wow Butter or another safe butter, please label it so we know that it is NOT peanut butter. Thanks.**

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
Cheese Sticks
Yogurt Cups and Tubes
(most kinds)

Bachman

Pretzels
Popcorn
Jax

JELL-O

Gelatin and Pudding cups

Keebler

Fudge Stripes cookies
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)
Premium Saltines
Teddy Grahams
Triscuits
Wheat Thins
Cheese Nips
Premium Oyster Crackers
Ginger Snaps

Annie's

Fruit snacks

Welch's

Fruit snacks

Enjoy Life

All products

Pepperidge Farms

Goldfish

Pirate's Brands

Pirate Booty
Smart Puffs

Quaker

Popped rice crisps

Rold Gold

pretzels

Smart Food

Popcorn

Sunshine

Cheez-its

Skeeter

Choc.chip cookies

Wow Butter

Safe alternative to peanut butter
and sunflower butter