

## NUT-FREE/PEANUT-FREE SNACK IDEA LIST

(Updated May 2022)

**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

### Cheez-It

Baked snack crackers

### JELL-O

Gelatin  
Pudding cups (vanilla & chocolate)

### Keebler

Fudge Stripes cookies  
Club Crackers (plain)  
Vienna Finger Cookies

### Kellogg's

Nutri-Grain Bars

### Nabisco

Barnum's Animal Crackers  
Belvita Cookies (**not** soft baked nor sandwich)

Chips Ahoy - original

Fig Newtons

Honey Maid Graham Crackers

Nilla Wafers

Oreo Cookies – original & golden

Ritz Crackers (plain)

Premium Saltines

Teddy Grahams

Triscuits

Wheat Thins

Premium Oyster Crackers

### Annie's

Fruit snacks  
Cheddar bunnies & squares  
Bunny graham

### Welch's

Fruit snacks

### Enjoy Life

All products

### Made Good Snacks

All products

### Pepperidge Farms

Goldfish

### Pirate's Brands

Pirate Booty

Smart Puffs

### Quaker

Popped rice crisps

### Rold Gold

pretzels

### Smart Food

Popcorn (white cheddar and caramel cheddar)

### Skeeter

Choc.chip cookies

### Wow Butter

Safe alternative to peanut butter and sunflower butter