

# Peanut & Tree Nut Free Snacks 2013



Only brands shown – no brand substitutes i.e. Nabisco cannot be substituted for another brand like Kroger brand etc. The brands listed here, for the items listed here, are safe. For safety, **cereal bars, cookies and crackers** should be in “snack packs” so ingredients and brand can be verified. Please do not put snacks in zip lock baggies or other containers where the ingredient list is not clearly visible.

## Fruit & dips:

Fresh Fruit - apples, bananas, oranges, strawberries, grapes, etc.

Packaged Fruit cups & apple sauce - diced pears, mandarin oranges, peaches, fruit cocktail, all varieties of apple sauce

Raisins, Craisins, dried fruit

Fruit snacks – Fruit roll ups, fruit by the foot, fun fruit

Fruit dips: Caramel, yogurt & whipped cream, ranch dressing

## Veggies:

Vegetables w/cream cheese, salsa, hummus or salad dressing for dipping

Raw baby carrots, cucumber slices, celery sticks (remember not to put peanut butter into celery sticks)

## Snack Cups:

Pudding cups – Kraft, Hunt's, Shaw's, Jell-O

Gelatin cups – all

**Cereal/Breakfast Bars:** \*\*must be individually packaged, so brand and ingredients can be verified.

Do not substitute brand names for any other brands, including store brands like Kroger, Meijer etc.

Kellogg's Nutri Grain Bars – All varieties

Special K bars; strawberry, chocolate chip cookie, chocolate drizzle, Raspberry **ONLY**.

- All other Special K bars are not okay.

Granola bars – Fiber One has two; “Chewy for kids” – chocolate & chewy chocolate (for adults)

\*\*\*other granola bars are not listed here, because most are made in facilities that process peanuts and tree nuts.

## Dairy & Meat:

Yogurt, Yogurt drinks, GoGurt

String cheese

Cold cuts; turkey, ham, bologna

Tuna fish

Beef Jerky, slim jims

((NO PARFAIT products))

**Other:** \*\*must be individually packaged, so brand and ingredients can be verified.

Do not substitute brand names for any other brands, including store brands like Kroger, Meijer etc.

Kellogg's Pop Tart's – all varieties

Kellogg's Rice Krispy Treats only, all varieties – no other brands

\*\*\*\*Please do not bring in homemade rice krispy treats made with peanut butter.

### **Crackers:**

Do not substitute brand names for any other brands, including store brands like Kroger, Meijer etc.  
Plain Crackers (Ritz, Town House, Club) (except for Ritz Bits or sandwiches)

Ritz crackers (original, whole wheat, roasted vegetable) - Nabisco

Wheat Thins crackers - Nabisco

Triscuits - Nabisco

Saltine crackers - Nabisco

Graham crackers or sticks (Original, Cinnamon, Chocolate) - Nabisco

Graham Crackers – Honey Maid

Scooby Snacks & Bug Bites Graham crackers - Keebler

Teddy Grahams – Nabisco

Goldfish crackers - Pepperidge Farm

Cheezits – Sunshine

Animal crackers - Nabisco Barnum's & Austin's Zoo Animal Crackers

Cheese Nips - Kraft

Ritz Handi-Snacks (crackers & cheese dip)

Wheat Thins - Nabisco

Chicken in a Biscuit - Nabisco

Ginger Snaps - Nabisco

Wheatables - Keebler

Wheat & Cheddar sandwich crackers - Keebler

Cheese Dip & sticks – Keebler

**Pretzels:** \*\*must be individually packaged, so brand and ingredients can be verified.

Rold Gold

**Cookies:** \*\*must be individually packaged, so brand and ingredients can be verified.

Do not substitute brand names for any other brands, including store brands like Kroger, Meijer etc.

Animal crackers - Nabisco Barnum's & Austin's Zoo Animal Crackers

Animal cookies – ICED or FROSTED ONLY – not original- Keebler

fudge stripe cookies & double fudge cookies - Keebler

Oreo cookies - Nabisco – All varieties, **EXCEPT** peanut butter crème

Chips Ahoy! – Nabisco – all varieties

Fig Newtons – Nabisco ONLY – no store brands

**Snacks/Cakes:** \*\*must be individually packaged, so brand and ingredients can be verified.

Do not substitute brand names for any other brands, including store brands like Kroger, Meijer etc.

Hostess Cupcakes, Twinkies, HoHo's, Ding Dongs, Zingers, Donuts, Donut bites.

Hostess Mini-muffins and brownie bites are NOT okay.

**NO Little Debbie brand snacks – they are all made in facilities that handle nuts.**

### **Chips:**

Do not substitute brand names for any other brands, including store brands like Kroger, Meijer etc.

Tostitos – all varieties  
Wise Chips – all varieties  
Sun Chips – all varieties  
Doritos Chips– all except the nacho cheese filled crackers  
Ruffles– all varieties  
Cheeto's  
Frito's – all varieties  
Pretzels – Rolled Gold brand ONLY

### **Candy for Parties and Celebrations**

Skittles  
Smarties  
Starburst  
Tootsie Rolls  
Twizzler Twists (liquorice) Strawberry  
Goetze's Caramel Creams  
Air Heads  
Wonka Laffy Taffy  
Welch's Fruit Snacks  
Kellogg's Fruit Snacks  
Dum Dums  
Tootsie Pops  
Blow Pops  
Nerds  
Ring Pops  
Bob's Sweet Stripes soft peppermint candy  
Whoppers  
Runts  
Rolos  
Pixie Stix  
Jolly Ranchers  
Junior Mints  
Fruit roll-ups

### **Snacks and Candy to Avoid that you might not think about**

Chocolate bars & candy (ex: Snickers, M&M's (even plain), Kit Kat, Nestle Crunch)

Seasonal candy (Candy corn, Jelly beans and Candy hearts sold at Valentines)

**All varieties of these Brands had the "May contain traces of peanuts or tree nuts....."  
disclaimer on the package:**

- All Drakes Cakes
- All Little Debbie's Cakes
- All Archway Cookies
- Many containers of ice cream/cookies sprinkles

### **Non Food Celebration Ideas**

Send a plain white t shirt (or pillow case, tote bag, autograph stuffed animal) and some fabric markers to school and have your child's classmates sign their names, a birthday message, or draw a picture on it.

Book marks

Bubbles

Erasers

Glowsticks

Jewelry (plastic, stretch or rope bracelets)

Key chains

Note pads

Pencils

Silly bands

Stickers

Superballs

Tattoos

Trading cards

For Fun & Inexpensive ideas, check out:

The local Dollar Store for bags of jewelry, plastic bugs, fun pads...

Oriental Trading Company, Inc at [www.orientaltrading.com](http://www.orientaltrading.com), Michaels, A.C. Moore.