

Safe Snack List

- The following “safe snacks” are peanut and tree nut free. They also do not contain any warnings regarding possible cross-contamination.

- Please read food labels EVERY TIME – the manufacturing process can and do change frequently. Also, some products are made in multiple facilities that use different manufacturing processes.
- AVOID any products containing the ingredients: peanut, peanut flour,

peanut oil, peanut butter, nut butter, nut flour, nut oil, almonds, cashews,

Brazil nuts, pecans, pistachios, hazelnuts, pine nuts, macadamia nuts, pesto

AND any products containing the following warnings: “May contain trace.

amounts of peanuts/tree nuts” or “Processed in a facility that also processes nuts/peanuts.”

- All products from bakeries, doughnut shops, etc... are NOT safe.

FRUIT & VEGGIES

Apples slices, bananas, melon, pineapple, orange slices, berries, etc...

Del Monte & Dole fruit cups

Carrot sticks, little tomatoes, bell pepper, cucumbers, etc...

Mott’s and Musselman Apple sauce cups

Sunmaid & Dole Raisins (not yogurt or chocolate covered)

DAIRY

Yogurt cups (avoid granola and candy pieces)

Dannon yogurt smoothies

Jell-o pudding cups and gelatin, Kraft Handi pudding, Hunts pudding

String cheese

Cheese cubes

CEREAL & CEREAL BARS

Chex – wheat, rice, corn, cinnamon

Cheerios – NOT Honey nut, Frosted or Peanut Butter

Cornflakes, Wheaties, Kix, Life

Frosted Min-wheats

Raisin Bran

FiberOne 80 – chocolate and honey

Special K Cereal bars – NOT honey nut or pretzel

Nutrigrain Cereal bars

Pop Tart minis – chocolate, strawberry

Original Rice Krispies Treats

CRACKERS & COOKIES

Goldfish

Nabisco Graham Crackers

Wheat thins, Triscuits, Wheatables, Club Crackers and Snack Sticks, Townhouse

Crackers and flatbreads, Ritz (NOT Ritz bits)

Girl Scout Cookies: Trefoils and Thin Mints

Oreos (original blue packaging) & golden Oreos (gold packaging), mint Oreos,
chocolate crème Oreos

Lorna Doone crackers

Teddy Grahams

Keebler Graham crackers and Graham snacks

Barnum's Animal Crackers

Nabisco Animal Crackers

Nabisco 'Nilla Wafers

Fig Newtons

100 Calorie Packs – Chips Ahoy, Oreo Thin Crisps, Wheat Thins, Cheese Nips

Oreo Cookies – Original, Double Stuff, Cool Mint Oreo Cookies, Choc. Creme Oreo

Cookies – Uh-Oh - Double Stuff – Original, Chocolate Creme

Mini Chips Ahoy

Chips Ahoy Chocolate Chip Cookies – Original, Chocolate Chunk (not white
chocolate)

PRETZELS & CHIPS

Herr's: Thin pretzels, pretzel rods, popcorn, chips

Rold Gold: Pretzel twists, sticks, rods, mini twists, honey-wheat pretzels

Utz – Halloween size snacks, cheese balls, potato chips, popcorn

SmartPop popcorn

Popchips

Ruffles, Lays – Original and Baked

Pringles

Tostitos tortilla chips

Salsa – Tostitos, Giant Eagle

Doritos, Fritos, Cheetos

Sunchips

CANDY

Hershey's Chocolate Bars & Special Dark – Personal size ONLY

Hershey's Kisses and Special Dark – Read the packages as these are made in many facilities

Dum Dums

Smarties

Skittles

Swedish Fish

Dots

Starburst

Whoppers

Tootsie Rolls and Tootsie Roll Pops

Rolos

Pez

Lifesaver

Twizzlers

Vermont Nut Free Chocolate – www.vermontnutfree.com

Junior Mints

York Peppermint Patties

Andes Mints

Kraft Marshmallows

Fruit Snacks: Sunkist, Kelloggs, Giant Eagle, Gushers

FROZEN TREATS

Popsicles

Breyer's ice-cream: Vanilla, strawberry, chocolate

Giant Eagle ice-cream sandwiches & dixie cups

Dole fruit bars

Luigi's Italian ice

Always Read the Label

The label is the best source in determining what is in the product. If you are allergic or sensitive to certain foods or ingredients, you should always read the ingredient statement and any allergen statements to ensure the product does not contain ingredients of concern to you.

For general information about food allergies, please visit the website of the Food

Allergy & Anaphylaxis Network: <http://www.foodallergy.org/>