Peanut-free Snack List for Parties and Birthday Treats

Thank you for taking the time to buy peanut free snacks for your child’s birthday celebration. Please double check labels, as sometimes manufactures change their process or product.

Fruits/Vegetables

* Any fresh fruit
* Applesauce cups
* Raisin, Craisins, and other dried fruits
* Fruit cups (NOT DEL MONTE)
* Fresh vegetables
* Vegetable Dips

Cheese/Dairy

* Yogurt in individual cups or tubes
* Pudding in individual cups, cans or tubes
* String cheese or other cheeses
* Drinkable yogurt or smoothies
* Cottage cheese

Crackers

* Triscuits, Wheat Thins, Vegetable Thins
* Ritz crackers/dinosaurs/sticks  **(Not Ritz**
* **Bits or sandwiches)**
* Town House, Club, Toasteds
* Cheez-Its, Cheese Nips, Better Cheddars
* Saltines, Oyster crackers
* Wheatbles, Air Crisps, Munch’ems,
* Keebler Snack Stix
* Brenton brand crackers
* Goldfish crackers
* Graham crackers, Graham cracker sticks
* Teddy Grahams
* Animal Crackers (Austin, Zoo, Barnum)
* READ EVERY LABEL EVERY TIME!

Cereals

* Cheerios (NOT Honey Nut or Frosted)
* Chex (Rice, Corn, Wheat)
* Cinnamon Toast Crunch
* Corn Flakes
* Crispix
* Frosted Mini-Wheats
* Kix
* Life **(NOT Vanilla Yogurt Crunch)**
* Wheaties

Other Snack Items

* Small bagels (Lenders or Thomas brand) with cream cheese (no nut type)
* Popcorn
* Pretzels
* Nutrigrain cereal bars/yogurt bars
* Special K Bars (NOT Honey Nut)
* Special K Snack Bites
* Fig Newtons (all flavors)
* Rice Cakes (Not Quaker brand, not nut free)
* Cheez-It Party Mix/ Munchie Party Mixes
* Kellogg’s brand Rice Krispie Treats (original)
* Sun Chips
* Yogos/Yogo Rolls
* -Avoid snacks that contain peanuts, peanut flour, peanut oil, or peanut butter or other nuts. This includes

snacks with almonds, coconuts, filberts, Brazil nuts, cashews, hazelnuts, macadamia nut, pecans, pine nuts,

pistachios, and walnuts.

* -Read labels carefully to make sure the products are nut free. This includes labels that read “May contain

traces of peanuts/nuts” or “processed in a facility that processes products that contain peanuts/nuts.”

* Food labels and ingredients change over time, so always read the label each time before purchasing snacks.
* Include the packaging of your treat when you send it to the classroom, so that the label may be rechecked if there are any questions.

***Thank you for your consideration and support in keeping the food-allergic child safe from* having a life threatening allergic reaction at school.**