

## PEANUT FREE/NUT FREE SNACK LIST

**In order to keep our peanut/nut allergy students safe, we are asking that only the following snacks be brought into the school.**

The snacks listed below contain **NO** peanuts, peanut flour, peanut oil, peanut butter, almonds, coconuts, sunflowers, filberts, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, or walnuts. (Tree nuts)

**\*Please NO home baked or bakery items\***

**This includes doughnuts, cookies, or cake from a bakery such as Walmart or Market District, or any other items that are baked at home.**

### **A. FRUIT/VEGETABLES**

- \* Any fresh fruit (apples, oranges, bananas, grapes, pears, plums, clementine's, strawberries, melons, berries, etc.)
- \* Raisins, Craisins and other dried fruits
- \* Applesauce cups
- \* Fresh vegetables (baby carrots, celery sticks, grape tomatoes, cucumber slices, broccoli, pepper strips, etc.)

### **B. CHEESE/DAIRY**

- \* Kraft Handi-snacks with red sticks
- \* Yogurt, Gogurts

### **C. CRACKERS/SNACK ITEMS**

- \* Ritz crackers/sticks (**NOT Ritz bits or sandwiches**)
- \* Town House, Club, Toasteds
- \* Cheez-Its, Cheese Nips
- \* Nabisco Saltines, Oyster crackers
- \* Breton brand crackers
- \* Pepperidge Farm Goldfish crackers
- \* Graham crackers, Graham cracker sticks (Nabisco & Keebler)
- \* Teddy Grahams or Teddy Graham character brand
- \* Animal crackers (Austin Zoo, Barnum)
- \* Vanilla wafers
- \* Pop Tarts
- \* Kellogg's Brand Rice Krispie treats (original)
- \* Betty Crocker – fruit snacks, fruit roll ups, gushers, fruit by the foot
- \* Popcorn -Bauchman, Smartfood, Utz, Wise Brands
- \* Pretzels - Bauchman, Rold Gold, Herr's, Utz Brands
- \* Potato Chips- Ruffles, Lays, Utz, Pringles
- \* Tostitos and Doritos

### **D. COOKIES**

- \* Oreos (regular or golden)
- \* Chips Ahoy
- \* Snackwells

**E. Candies**

- \* Dum-Dum suckers
- \* Gummy Bears/Worms (check brands,
- \* Hersey Kisses – Milk Chocolate \* Hersey Kissables
- \* Jolly Ranchers \* Junior Mints
- \* Laffy Taffy \* Life Savers (hard and gummy)
- \* Mike and Ike's \* Milk Duds
- \* Mints \* Nerds \* Pixie Sticks \* Ring Pops
- \* Rolos \* Runtz
- \* Sixlets \* Skittles
- \* Smarties \* Sprees
- \* Starburst \* Twizzlers

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