

A child in your child's classroom has a peanut/nut allergy. Below is a list of snacks that are peanut/nut-free at this time. If you would like to provide a peanut/nut free snack, this list offers some suggestions.

Peanut/Nut-Free Snacks*

Please read all labels carefully

Fruits

All fresh fruit
Dole Fruit Bowls
Del Monte Fruit To-Go Cups
Sun-Maid Raisins (**not chocolate or yogurt covered**)
Applesauce Cups
Motts Fruit Blasters Applesauce Tubes

Vegetables

All Fresh Vegetables Including:
Carrots with Dip
Celery Sticks with Cream Cheese or Dip

Gummy Snacks

(**Not Brachs**) Only Betty Crocker or Nabisco Fruit Snacks including:
Fruit Roll-Ups
Fruit By The Foot
Gushers
Shark Bites
Fun Fruits
Scooby Doo Fruit Snacks
Trix Fruit Snacks
Hi-C Fruit Snacks
Pokemon Fruit Snacks

Cookies

Nilla Wafers
Oreos & Mini Oreos (**not mint-creme**)
Chips-A-Hoy (**not minis**)
Bisco Wafers
Teddy Grahams
Pepperidge Farm - Milano, Chessmen, Shortbread and Sugar Cookies
Keebler - Butter Cookies, Grasshopper Cookies
Nabisco - Barnum Animal Crackers, Oatmeal & Iced Oatmeal Cookies, Cameo Cookies, Fig Newtons, Kool Stuff Strawberry Seas Bars
Hostess Ho-Ho's & Twinkies
Rice Krispie Treats (**plain only**)
Nutri-Grain Apple Cinnamon/Brown Sugar Twists

Salty Snacks

Rold Gold Pretzels
Snyders of Hanover Pretzels
Ruffles Potato Chips
Lays Potato Chips
Fritos
Doritos (**not crackers**)
Cheetos
Tostitos
Pringles (**original only**)
Popcorn - Pop Secret, Orville Redenbacher, Healthy Choice)

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Important: Due to continual changes in manufacturer packaging and processing, please read the ingredient label of the snack chosen from this list to ensure that it does not contain any of the following... peanuts/nuts, peanut/nut butter, peanut/nut oil, peanut/nut flour, peanut/nut meal, or any of the statements "May contain traces of peanut/nuts" or "Manufactured in a facility that also processes peanuts (and/or other nuts)".

Bakery items and ice cream products are NOT on the approved list.

Ask at Cub Foods for bakery items (may be safe).

(This list may be downloaded from our website: www.lakeharrietumpreschool.org)

Crackers

Honey Maid - Cinnamon Grahams & Sticks, Honey Grahams & Sticks
Ritz Crackers (**plain only, not sandwiches**)
Keebler Club Crackers (**original only, not sandwiches**)
Nabisco Saltines
Sunshine Cheez-Its
Triscuits
Wheat Thins
Pepperidge Farm Cheddar Goldfish (only plain, pretzel or cheddar. **Not Cinnamon Grahams**)
Sargento- Mootown Crackers & Cheese Dip
Keebler Town House Crackers
Sportz Cheddar Crackers
Kraft Handi-Snacks Cinnamon Graham Crackers w/Applesauce Dip
Kraft Handi-Snacks Crackers with Cheese Dip

Jellos and Puddings

Hershey Chocolate Pudding Tubes
Kraft Handi-Snacks - Wacky Gels, Vanilla & Chocolate Pudding
Hunts - Juicy Gels, Vanilla & Chocolate Pudding
Jello - Gelatin Cups, X-treme Jello Tubes, Vanilla, Chocolate & Oreo Pudding
Dole Fruit-n-Gel Bowls
Delmonte Fruit & Gel To-Go Bowls

Frozen Treats

Minute Maid - Juice Bars, Fruit & Cream Swirls, Frozen Lemonade
Good Humor - Fudgesicles, Popsicles, Fire Crackers, Great Whites, MicroPops, and Scribblers
Nestle - Itzakadooosies, Icecreamers Flintstones
Rainbow Sherbet Treats & Juicy Juice Frozen Juice Pops
Lick-A-Colors
Tropicana Fruit Juice Bars
Welch's Fruit Juice Popsicles
ICEE Frozen Treats

Misc.

Cheese
Yogurt (**not soy brands**) - Gogurt, Danimals, etc.
T. Mazettis Carmel Apple Dip (with apples)
Pizza - Papa Johns, Dominoes, Flippers, Pizza Hut
Candy - Starburst, Skittles, Twizzlers, Hershey Milk Chocolate Bars (**not with almonds**) and Hershey Kisses (**not with almonds & not Hugs**), Milk Duds, DOTS, Sour Patch Kids, and Tootsie Rolls
Jet Puffed Marshmallows