

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

Party Treats

- 1. No Baked Goods from Home**
- 2. No Donuts, Cookies, or Cupcakes Purchased from Stores or Bakeries**
- 3. No Food from Bulk Bins**

Labels/Ingredients may change – please make sure that labels

DO NOT have any of the following:

Peanuts, peanut flour, peanut oil, peanut butter, sunflower seeds

“May contain traces of peanuts”

“Manufactured in facility that uses peanuts or peanut butter”

“Run on equipment that also processes peanuts/nut products”

Please avoid snacks that contain **peanuts, peanut flour, peanut oil, peanut butter, sunflower seeds** or other nuts. This includes snacks with almonds, coconuts, sunflowers, filberts, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, and walnuts. (Tree nuts)

Quick check brands: Kellogg’s, Keebler, General Mills, Betty Crocker and Quaker Oats brands are excellent at calling out allergens in a box: **Example: CONTAINS PEANUT AND EGG INGREDIENTS**

PEANUT FREE/NUT FREE SNACK LIST

EXACT BRANDS MUST BE PURCHASED TO ENSURE FOOD SAFETY

I. HEALTHY SNACKS (Daily classroom snacks)

A. FRUIT/VEGETABLES

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

B. CHEESE/DAIRY

- * String cheese or other cheeses (1 oz.)
- * Kraft Handi-snacks with cheese (with red sticks)
 - **Be careful with any other type of pre-packaged cheese and cracker sandwiches, most contain nuts/traces of nuts

C. CRACKERS/SNACK ITEMS

- * Triscuits, Wheat Thins, Vegetable Thins (all flavors)
- * Ritz crackers/dinosaurs/sticks (NOT Ritz bits or sandwiches)
- * Ritz Crackerfuls (Classic cheddar, Four cheese, Garlic herb)
- * Town House, Club, Toasteds
- * Cheez-Its, Cheese Nips, Better Cheddars

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- * Saltines, Oyster crackers
- * Wheatables, Air Crisps, Munch'ems, Keebler Snack Stix
- * Kashi Tasty Little Crackers (TLC)
- * Breton brand crackers
- * Goldfish crackers
- * Annie's Bunnies
- * Graham crackers, Graham cracker sticks
- * Teddy Grahams or Teddy Graham character brand
- * Animal crackers (Austin Zoo, Barnum)
- * Vanilla wafers
- * Cereals
- * Cheerios (NOT Honey Nut or Frosted)
- * Chex (Rice, Corn, Wheat)
- * Cinnamon Toast Crunch
- * Corn Flakes
- * Crispix
- * Frosted Mini-Wheats
- * Kashi (Go Lean Crunch, Good Friends, Cinnamon Raisin Crunch, Heart to Heart)
- * Kix
- * Life (Not Vanilla Yogurt Crunch)
- * New Nabisco 100 Calorie Packs – Yogurt flavored pretzels
- * Nabisco Toasted Chips Ritz snack mix
- * Wheaties
- * Other unsweetened cereal without nuts
- * 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)
- * Quaker Quakes (mini rice cakes)/Mini Delights (all flavors)
- * Potato Soy Crisps
- * Gensoy Soy Crisps
- * Cheez-It Party Mix/Munchie Party Mixes
- **Have not found any other brands of Chex type mixes to be peanut/nut safe

D. OTHER

- * Fruit snacks (twists, gushers, roll-ups, etc.)
- * Pop Tarts
- * Pop Tarts Snack Sticks
- * Yogos/Yogos Rolls
- * Sweetened Cereals: Corn Pops, Fruit Loops, Captain Crunch (reg.), Apple Jacks

II. SPECIAL TREATS (Birthday or holiday parties only)

A. CAKES/CUPCAKES

- * Hostess cupcakes
- * Hostess Twinkies, Ho Hos, Ding Dongs

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B. COOKIES

- * Kellogg's brand Rice Krispie Treats (original)
- * Oreos (regular or golden)
- * Keebler Fudge Stripes, Fudge Graham's, Grasshopper Fudge Mint, E.L. Fudge Sandwich cookies (original and double stuffed)
- * Nabisco – Lorna Doone Shortbread
- * Gripz Chips Ahoy

C. DONUTS/MUFFINS (no grocery bakery items)

- * Krispy Kreme/Lamar's glazed donuts
- * Hostess brand (powder, frosted or glazed)
- * Muffins – mini or regular – Hostess

D. CHIPS

- * Bugles
- * Cheetos
- * Doritos
- * Fritos
- * Potato chips
- * Pringles
- * Sun Chips
- * Tostitos

E. CANDY

- * Air Heads
- * Blow pops
- * Dum-Dum suckers
- * Gummy Bears/Worms (check brands, some have warnings regarding processing around nuts)
- * Gum
- * Hershey Kisses – Milk Chocolate
- * Hershey Kissables
- * Jolly Ranchers
- * Junior Mints
- * Laffy Taffy
- * Life Savers (hard and gummy)
- * Mike and Ike's
- * Milk Duds
- * Mints
- * Nerds
- * Pixie Sticks
- * Ring Pops
- * Rolo's
- * Runt's
- * Sixlets
- * Skittles
- * Smarties
- * Spre'e
- * Starburst
- * Twizzlers

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