

Suggestions for Peanut/Tree Nut Free Snacks and Treats

**These are just suggestions for safe snacks. Ingredient lists change continually, so labels must always be read every time. Watch for “Processed on same equipment as tree nuts/peanuts” or “Processed in a facility with tree nuts/peanuts”.

- Fresh fruit
- Vegetables – celery or carrot sticks, cherry tomatoes, green peppers, cucumbers
- Cheese
- Yogurt/Gogurt
- Raisins – Sun Maid/Wegmans brand (*plain only*—some yogurt covered raisins contain peanuts)
- Cereals – read labels for nut free varieties (for ex: Cheerios Plain, Multigrain, Frosted, Chocolate, Fruit Loops, Cookie Crisp, Crispix, Shredded Mini-Wheats, etc.)
- Kellogg’s Rice Krispie Treats (packaged)
- Kellogg’s Pop Tarts (not peanut butter pop tarts)
- Kellogg’s Nutri-Grain Bars (most granola bars are NOT safe for those with nut allergies)
- Betty Crocker and Kellogg’s Fruit snacks
- Crackers – Barnum’s animal crackers
- Pepperidge Farm Goldfish Crackers (Some store brands such as Target are NOT safe)
- Sunshine Cheez-It Crackers
- Nabisco Honey Maid Graham Crackers
- Nabisco Teddy Grahams
- Premium Saltine Crackers

- Triscuit Crackers
- Town House Flip Side Pretzel crackers
- Rold Gold Pretzels – Tiny twist, sticks, logs, honey wheat twists
- Chips–Frito–Lay Cheetos, Smart Food Popcorn, Doritos, Fritos Corn Chips
Lays Potato Chips, Pringles, Ruffles
- Cookies – OREO brand cookies – plain (NOT store brand)
Fig Newtons
Nabisco Chips Ahoy! (chewy, original) AVOID peanut/candy varieties

Other Suggested Treats for Parties or Birthdays:

- Cut up fruit
- Starburst Fruit Chews
- Skittles
- Tootsie Rolls
- Lollipops (Jolly Rancher, Dum–Dums, Blow Pops & Tootsie Roll Pops)
- Air Heads Sours
- Swedish Fish, Sour Patch Kids
- Nerds
- Airheads
- Twizzlers
- Vermont Nut–Free Chocolates
- Enjoy Life Candies

Ice Cream:

Wegmans Brand – Vanilla & Chocolate Swirl Ice Cream Cups, Fudge Bars, Popsicles, Ice Cream Sandwiches, Ice Cream Bars

Popsicles – check labels

There are other safe snacks, but please remember to carefully check labels if it is something you are sending in for the entire class.

Thanks very much!