

## **Peanut/Tree-Nut Free Snacks - Suggested Options**

There are an increasing number of students enrolled in PLS who have food-related allergies to products containing peanuts and/or tree nuts. Reactions can include anaphylactic shock and death. One of the goals of PLS is to build a safe environment for all of our students. **We ask that all food items brought to school be nut free.**

In order to assist you with this, we have compiled a list of known nut-free snacks. Snacks on this list are known to be safe; however, labels and ingredients are constantly changing. Therefore, we ask that you always check the labels and watch out for manufacturer's disclaimers on their products, such as "made in a facility that processes peanuts and tree nuts" or "may contain trace amounts of nuts."

### **HEALTHY SNACKS:**

- All fresh fruits and vegetables
- Applesauce cups (assorted variety fruit flavored as well)
- Dole or Del Monte fruit or gel bowls
- Raisins (plain) or Craisins and other dried fruit
- Yogurt in cups or tubes
- Pudding in cups, cans, or tubes
- String cheese or other cheeses
- Drinkable yogurt or smoothies
- Quaker rice cakes
- Kraft Handi-Snack dips with cheese
- Bagels (read label), cream cheese
- Cereals (no nut varieties or nut ingredients)
- T. Mazettis Caramel apple dips with apples

### **CRACKERS/CHIPS:**

- Rold Gold pretzels (plain, honey, cheese)
- Triscuits, Wheat Thins, Vegetable Thins (all flavors)
- Ritz crackers (NOT Ritz bits or sandwiches)
- Town House, Club, Toasteds crackers
- Cheez-Its, Cheez-It party mix, Cheese Nips, Better Cheddars
- Saltines, Oyster crackers
- Wheatables, Air Crisps, Munch'ems, Keebler Snack Stix
- Kashi Tasty Little Crackers (TLC)
- Town House Pretzel crackers
- Keebler Club crackers (not sandwich crackers)
- Kraft Handi Snacks cheese and crackers
- Cheetos, Doritos, Fritos, Tostitos (all flavors)
- Krunchers, Lays, Pringles, Jays, Cape Cod and Ruffles brand potato chips
- Popcorn (Pop Secret, Orville Redenbacher, Healthy Choice)
- Bugles, Sun Chips, Pringles snack stix
- Annie's brand snack mix

Snyder's of Hanover® pretzels made in any of the company's peanut-free facilities will have packaging clearly marked with a peanut-free icon and allergen information.

**COOKIES/SWEETS:**

- Chips-A-Hoy
- Honey Maid and Keebler graham crackers
- Honey Maid cookies (oatmeal)
- Enjoy Life brand cookies or bars
- Vienna Fingers
- Fig Newtons
- Nilla Wafers
- NutriGrain breakfast bars, Special K bars
- Pop Tarts
- Rice Crispy treats (plain)
- Teddy Grahams
- Annie's brand snack mix, grahams
- Kraft Handi Snacks OREO dippers
- Jet Puffed Marshmallows
- Goldfish graham snacks
- Nabisco Barnum Animal Crackers, Oatmeal and Iced cookies
- Keebler cookies (EL Fudge, Fudge Stripes, Grahams, Fudge Shoppe)
- Fudge Sticks, Scooby Snacks, Bug Bites
- Oreos (regular, golden, minis, Fudgees)
- Entenmann's donut holes, little bites, brownies, Crème Filled choc or Golden
- Pepperidge Farms Milano, Chessmen, shortbread, gingerbread & sugar cookies
- Hostess (Twinkies, Cup Cakes, Ho Ho's, Ding Dongs, Honey Bun)

**ICE CREAM/POPSICLES:**

- Popsicles
- Minute Maid, Tropicana Juice Bars
- Dole whole fruit bars
- Good Humor Fudgesicles, Scribblers
- Edy's Fruit and Outshine Bars
- Original Bomb Pop
- Icee squeeze up tubes
- Orange push-ups
- Breyer's brand
- Turtle Mountain and SO Delicious brands
- Blue Bunny brand varieties (no peanut or nut flavors)
- Shoppers Value Strawberry Shortcake
- Popsicle Brand: Jolly Rancher, Orange Cherry Grape, Twin Pops, Bubble Gum

## **CANDY/FRUIT SNACKS:**

- Fruit snacks
- Air Heads
- Blow pops
- Dum-Dum suckers
- Gummy bears / worms/ DOTS
- Hersey Kisses – Milk Chocolate
- Hersey Kissables
- Jolly Ranchers
- Junior Mints
- Laffy Taffy
- Life Savers (hard and gummy)
- Mike & Ike's
- Milk Duds
- Necco Sweethearts boxes (candy hearts)
- Nerds
- Pixie Sticks
- Ring Pops
- Rolos
- Runtts
- Sixlets
- Skittles
- Smarties
- Spree
- Starburst
- Swedish Fish
- Sweet Tarts (regular and chewy)
- Tootsie Rolls
- Tootsie Roll Pops
- Twizzlers licorice
- Whoppers
- Bottlecaps

**Check the label on all items before bringing into the school**