

Nut-Free or Nut-Friendly Snack Suggestions

If your child is not peanut allergic – these are suggestions that could safely replace any other snacks, such as granola bars, nut containing chocolate, peanut butter treats etc. This is not a guarantee that all of these items are safe for a nut allergic child to eat. We know for a fact many are; however, if your child is peanut allergic – please be diligent in reading every label every time. Do not take anyone else's word as to what is. The ultimate decision to allow your child to consume any product is yours alone.

Betty Crocker

Dunkaroos	Fruit String Thing
Fruit by the Foot/Fruit o-Long's	Gushers
Lucky Charm Fruit Snacks	Mickey Mouse Fruity Peel Outs
Princess Rolls/Fruit Roll Up's	Scooby-Doo Fruit Snacks

Christie

Cookies:	Animal Crackers
Arrowroot	Chips Ahoy
Chewy Chips Ahoy	Chocolate Wafers
Chunks Ahoy	Cinnamon Raisin
Coffee Breaks	Double Fudge-O
Dream Puffs	Fudgee-O
Melting Moments (triple chocolate chunk, oatmeal-raisin)	Newtons
Oat Bran	Oreo Cookies (plain only)
Teddy Grahams(reg and choc chip)	
Crackers:	
Air Crisps	Bacon Dippers
Cheese bits	Cheese Nips
Crispers (original, BBQ, ranch, slat and vinegar, all dressed)	French Onion
Oat Thins	Premium Plus Crackers
Rice Thins	Ritz (large only)
Ritz Scuba and Multigrain Ritz Sticks	Sociables
Stoned Wheat Thins	Swiss Cheese
Toppable	Triscuit
Vegetable Thins	Wheat Thins

Dare – the dare website is an excellent site where you can pick the item you are interested in and it will tell you in bold letters if it is peanut/nut free

Cookies:	
Ah Caramel Cookies (Fudge and Original)	Bears Paws
Econo Cookies	Maxi Fruits
Normandie and Meteo	Simple Pleasures (the almond ones are considered nut/peanut free because of the process in which they use to make the oil- they guarantee no protein is left in it.)
Traditions	Ultimate
Viva Puffs	Wagon Wheels
Whippet	Girl Guide Cookies
Crackers:	
Breton Minis	Breton
Breton Gourmet	Cabaret
Candy:	
Juiced Up	Real Fruit Gummies
Many other candies – check site for names	
Grissol:	
Bread Sticks	Crispy Baguettes
Croutons	Canape – Melba Rounds

Del Monte

Pudding, Fruit Gels, and Fruit Cups	
--	--

Dole

Fruit Cups	Fruit Bowls
------------	-------------

Hunt's

Pudding-Not chocolate p/butter swirl or chocolate caramel	
---	--

Juicy gels	
strawberry, orange	orange, cherry

Kellogg's

All Bran Bars	Milk Crunch bars (cocoa and milk)
Nutri-grain bars	Nutri-grain Twists
Pop tarts (all)	Rice Crispy squares

Kraft

Jello Pudding, Jello	Cheese and Cracker or Breadstick Handi Snack
-----------------------------	--

Mott's

Fruitsations (all flavors)

Peak Freans

Crackers	
Signature ovals in sesame, regular, cracked pepper	
Cookies	
Arrowroot	Assorted Tea
Digestive	Family Digestive
Family Shortcake	Fruit Cream
Nice Assorted Cream	Shortcake

President's Choice –

Cookies	
Mini Chef - Zookies	Lemon Temptations
PC Decadent Chocolate Chunk Cookies	Mini Chef- teddy bear cookies
Crackers	
Sunwheat Biscuits	Rich and Flaky Crackers

Quaker

Crispy Mini's	Quaker Rice Cakes
Crispy Tortillaz	

Snackwells

Cracked Pepper Crackers	Mint Cream cookies
Potato Thins (cheddar, sour cream, sea salt, BBQ, Sour cream and onion)	Sandwich Cookies (with fudge, with cream, with mint)

Sunrype

Fruit to Go	Fruit Source – all fruit and fruit and veggie
-------------	---

Miscellaneous Candy and Treats:

Tootsie Rolls	Skittles
Starburst	Twizzlers
Popcorn	Old Dutch products
Pillsbury Tube cookies (check labels)	Starburst
Skittles	Dubble Bubble Gum
Lays	Cheezies and Cheetos
Smarties*, Kit Kat* Aero* Coffee Crisp	*these products are not always safe check the labels
Chapmans Ice Cream and Ice Cream Treats (watch the yogurts)	

Miscellaneous Healthy Snacks:

Raisins	Yogurts
Cheeses	Dempsters Bagels
Cheese Sticks	Minigo
Cheese Singles	Yogurt Tubes
Cottage Cheese and Fruit Combos	Yop – yogurt drink
Fruit on the Bottom	Kraft Marshmallows
Twizzlers	Goldfish Crackers

And don't forget – all fruits and vegetables.**-Items out of bulk bins, candies or anything are never, ever safe**