

Western CUSD 12

Peanut Free/Nut Free Snack List

When choosing a peanut free snack for your child's class, it is important to **ALWAYS** check the label on the package to make sure it is free of peanuts and nuts of all kinds. This list is only to serve as a resource. It is in no way complete and is subject to manufacturer recalls and mislabeling. Manufacturers may have changed their equipment or product line and method since you last purchased an item from this sheet.

READING LABELS: Some manufacturers clearly state if a product has peanut or nuts in it while others, it is almost hidden. **PLEASE READ THE LABELS**, each time you purchase. Do not purchase items with the allergy and ingredient alert such as: **"May Contain Peanut or Tree Nuts"** **"Processed on shared equipment with Peanuts or Tree Nuts"** **"Manufactured in a plant with Peanut or Tree Nuts"** **"Contains Peanut or Tree Nut Ingredients."** Please avoid snacks that contain **peanuts, peanut flour, peanut oil or peanut butter** or other nuts. This includes snacks with almonds, coconuts, 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**

❖ Healthy Snacks-

- Any fresh fruit (apples, oranges, bananas, grapes, pears, plums, Clementines, strawberries, cherries, melons, berries, etc.) Raisins, Craisins and other dried fruit (Not the yogurt or chocolate covered ones)
- Fresh vegetables (baby carrots, celery sticks, grape tomatoes, cucumber slices, broccoli, pepper strips, etc.)
- Delmonte Fruit Cups
- Applesauce

❖ Cheese/Dairy-

- Kraft String Cheese

- Kraft Sliced Cheese
- Kraft Cheese Cubes
- Yogurt (Yoplait, Trix or Danimals. Avoid the yogurts with granola or candy toppings)
 - **Be careful with any other type of pre-packaged cheese and cracker sandwiches, most contain nuts/trace of nuts.

❖ Crackers/Snack Items-

- Wheat thins
- Triscuits
- Vanilla wafers
- Goldfish crackers
- Ritz crackers (NOT Ritz bits or sandwiches)
- Saltines, oyster crackers
- Annie's bunnies
- Cheez-Its, Cheese Nips, Better Cheddars
- Graham crackers, graham cracker sticks
- Teddy Grahams or Teddy Graham character brand
- Animal crackers (Austin Zoo, Barnum)
- Cereals-Cheerios (not honey nut or frosted), fruit loops, cinnamon toast crunch, honey combs, apple jacks, corn or frosted flakes, chex (rice, corn, wheat), Frosted mini-wheats, kix, life (not vanilla yogurt crunch), corn pops, and captain crunch (regular).
- Popcorn (Pop Secret, Act 11, Jolly Time, Orville Redenbacher)
- Nutrigrain cereal bars/yogurt bars
- Fig Newtons
- Fruit snacks (twists, gushers, roll-ups, etc.)
- Pop Tarts and Pop Tart Sticks
- Jell-O Pudding Cups and Gelatin
- Hunt's Pudding
- Kraft Handi Snacks Pudding Cups

**Be careful to read all labels to confirm these products are nut/peanut free.

❖ Special Treats-

- Cakes/Cupcakes (Hostess cupcakes, twinkies, ho hos, and ding dongs)
- Kellogg's brand Rice Krispie Treats (Original) pre packaged
- Oreos (regular blue back only or golden yellow package)
- Keebler (fudge stripes, fudge grahams, grasshopper fudge mint, vanilla wafer)

- Gripz Chips Ahoy Keebler Vanilla Wafer
- Enjoy Life (all flavors) **known for their allergen free cookies!
- Kraft Marshmallows
- Loora Doones

❖ **Donuts/muffins (no grocery bakery items)-**

- Krispy Kreme/Lamar's glazed donuts
- Hostess brand (powder, frosted or glazed)
- Hostess mini muffins (chocolate or blueberry)

❖ **Chips-**

- Bugles
- Cheetos
- LAY'S Ruffles
- LAYS BBQ or Plan
- Fritos
- Pringles
- Sun Chips (Original, Sour Cream, cheddar flavored)
- Tostitos
- Frito Lay: Doritos (any flavor)
- Pretzels (Rold Gold Pretzels – Thins, Sticks, Rods, Tiny Twists, Lightly Salted Tiny Twists, Tiny Twists Cheddar, Tiny Twists Honey Mustard, Sourdough, Honey Wheat, Cheesy Garlic)

❖ **Candy-**

- Dum-Dum suckers
- Blow pops
- Airheads
- Gummy Bears/Worms (check brand, some have warnings regarding processing around nuts)
- Gum
- Laffy Taffy
- Mints
- Rolos
- Starburst
- Life Savers
- Skittles
- Twizzlers
- Nerds

- Ring Pops
- Hershey's Kisses (milk chocolate only)
- Mike and Ike's
- Pixie Sticks
- Tootsie Rolls/Tootsie Pops

****Always read the ingredient label before purchasing any item on this list to verify it is peanut free****

**FYI: Food is the only thing that is FDA regulated and required to put allergens on their label. Things such as potting soils do not. MIRACLE GROW potting soil contains nuts and needs to be avoided when doing planting projects in the classroom. This is not bolded on the label like a food label.