

OASD Health Services Peanut and Tree Nut Free Snack Idea Listing (8/18/20)

When choosing a peanut/tree nut free snack for child's class it is important to ALWAYS check the label. Be aware that manufacturing formulations and practices sometimes change. Even if you've bought a safe snack before, take a look at the label each time you buy it to make sure the ingredients or cross-contamination warnings haven't changed. Do not bring items with the allergy and ingredient alert such as "may contain peanut or tree nuts" or "processed or manufactured in a plant with peanut or tree nuts". This list is meant to help guide your shopping.

Peanut and Nut Butter-Free Spread Alternatives and Dips

- Sunbutter,
- Don't Go Nuts Soy Butter,
- Wow Butter

Produce

- Fresh fruits (apples, oranges, banana, grapes, watermelon, cantaloupe, pear, kiwi, blueberries, etc.)
- Fresh vegetables (carrots, celery, broccoli florets, bell pepper strips, cherry tomatoes)
- Applesauce pouch
- Fruit cups
- Raisins, Dried Fruit

Salty

- Pretzels – Snyder's, Rold Gold
- Goldfish/Annie's Bunny Crackers/Cheese Nips
- Cheetos- Crunchy, Puffs, Baked
- Tortilla Chips – Late July Organic Cantina Dippers – Blue corn, white corn
- Munchos
- Plain Triscuits - Original, Reduced Fat, Hint of Salt, Garden Herb, Rosemary & Olive Oil, Fire Roasted Tomato & Olive Oil, Cracked Pepper & Olive Oil, Roasted Garlic, Rye with Caraway Seeds
- Wheat Thins – Original, Reduced Fat, Hint of Salt, Ranch, Reduced Fat Garlic & Herb, 100% Whole Grain, Sundried Tomato & Basil, Multigrain, Parmesan & Basil
- Pirate's Booty – Aged White Cheddar, Sour Cream & Onion, New York Pizza
- Smart Food Popcorn – White Cheddar, Reduced Fat, Movie Theater Butter
- Popchips

Dairy

- Cheese (stick, cube, round, slice)
- Yogurt tube

Sweet

- Zoo or Barnum Animal Crackers, Nilla Wafers
- Graham cracker – Honey Maid, Scooby Doo, Teddy Grahams
- Fruit snacks – Motts, Welch's, Betty Crocker
- Rice Krispy Treat (prepackaged)
- Nabisco Grahams or Nabisco Honey Maid
- Nutri-Grain Soft Baked Breakfast Bars– Strawberry, Berry, Apple, Raspberry,
- Blueberry

Disclaimer: This tree-nut peanut free listing is for informational purposes only and serves as a guide and is not intended to replace the advice of any medical professional. It is your responsibility to check the product label to ensure that products do not contain nuts and to also verify with the manufacturer that any of the nut allergens were introduced into the product during the manufacturing process. By reading and using this listing of peanut free and tree nut free items, you understand these risks and assume the responsibility of making sure the product is safe.

<https://snacksafely.com/safe-snack-guide/> is a great resource for more safe snack ideas

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