

Suggested Safe Snacks in Classrooms with Nut Allergies*

Here are some general groups of foods, which can help make nut-free snack decisions easier (borrowed from Victoria Grace, "Why Is My Child's School Nut-Free? What Food Can She Bring?" from

<http://foodallergies.about.com/od/adultfoodallergies/f/nutsatschool.htm>) :

- Fresh fruit. Bananas are popular year-round, apples and pears are great in the fall, and clementines are easy to peel and available through the winter.
- Cheese. Most cheese is nut-free, including kid-friendly string cheese and convenient cheese cubes.
- Clementines, Watermelon, Honeydew, Cantaloupe
- Vegetables. Baby carrots, cherry tomatoes, broccoli, and cauliflower are among the vegetables some kids will eat raw. Small containers of plain yogurt, salad dressing, or sour cream may be good dips.
- Raisins and other dried fruits.
- Pudding cups.
- Air-popped popcorn. Skinny Pop Popcorn (Original, White Cheddar, Naturally Sweet)
- Applesauce. The healthiest and most convenient type is unsweetened applesauce in single-serving cups.
- Fruit snacks. Stonyfield, Welch's, Annie's Organic
- Chips: potato, tortilla, etc., but examine labels closely to ensure they were **not** processed in factories where nuts were used.
- Lunch meat & sandwich bread.
- Oreos-Original/Double-Stuffed/Birthday Cake Vanilla or Chocolate (Oreo Brand only)
- Treasure Mills School Safe Chocolate/Vanilla Cupcakes
- Treasure Mills School Safe Brownie/Chocolate Bars
- Utz-Pretzels/Chips/Popcorn/Cheese Curls
- Doritos
- Herr's Restaurant Style Tortilla Chips/With Salsa - Medium, Mild
- Juice, water, and most other beverages.
- Some cereals, cookies, snack cakes, and crackers. These are more likely to contain nuts or to pose cross-contamination risks than other items on this list, so either check labels very carefully or consider buying these items from a nut-free manufacturer.
- Philly Pretzels
- **Store bought** Rice Krispy brand rice krispy treats

Websites for Further Information and Suggestions of Nut- Free snacks

- <http://snacksafely.com/>
- <http://www.parents.com/health/allergies/food/food-allergies-snacks/>

* Please note: Food labels/ingredients may change over time. Please read the label before purchasing snacks. Look for indications, such as "Product is nut-free" or "May contain traces of peanuts/nuts."