

ANNUNCIATION SUGGESTED PEANUT / TREE NUT SAFE SNACK LIST
September, 2008

- All snacks and birthday/holiday treats must be peanut/tree nut free. Please bring in packaging so that ingredient labels can be checked.
- Please remember to check labels each time a product is purchased, as ingredients may change.
- Please do not bring in products stating:
"May contain traces of peanuts and tree nuts."
"Manufactured in a facility where peanuts and tree nuts are present."
- Question: Can I bring a snack that is not on the list?
Answer: Yes, provided it does not contain any peanut/tree nut products.
- **ATTENTION:** The 4th Grade 2008/2009 should **NOT** follow this list. A separate list for the 4th grade will be distributed because of children with additional allergies including barley, annatto, soy, palm and coconut.

FRUITS AND VEGETABLES:

Fresh Fruit and Vegetables
Raisins (Dole, Sun Maid, Newman's)
Craisins (Ocean Spray)
Fruit Cups (Del Monte, Dole)
Applesauce Packs (Mott's, Musselman's, Most Organic Brands)

DAIRY:

Cheese, Yogurt (without candies), Most Puddings

SALTY SNACKS:

FRITO LAY

Fritos, Doritos, Cheetos Lay's Classic and Baked
Potato Chips, Ruffles Original Potato Chips, Regular
Sun Chips, Rold Gold Pretzels

OTHER BRANDS

Potato Chips (Original Pringles, Cape Cod)
Popcorn (Old Dutch, Vic's, Angies)
Some Vegetable Chips
Some Tortilla Chips
Most Pretzels
Most Rice Cakes

CRACKERS:

Sunshine Cheeze-Its
Pepperidge Farm Gold Fish (not cinnamon)
Breton Crackers
Most Water Crackers, Most Melba Toasts

NABISCO

Ritz (plain), Saltines, Triscuits, Wheat Thins

KEEBLER

Club and Townhouse Crackers (not sandwiches)

CEREALS:

GENERAL MILLS

Cheerios (Plain, Multi-Grain - NOT Honey Nut)

KELLOGG'S

Raisin Bran and Raisin Bran Crunch, Frosted Mini
Wheats, Fruit Loops, Rice and Cocoa Krispies

GUMMIES:

GENERAL MILLS

Fruit Roll Ups, Fruit by the Foot, Gushers
Most Other Brands

BAKERY:

Hostess Donuts, Cupcakes, Ho Hos, Twinkies
Lender's Bagels
Prepackaged bakery only with label attached
(It is very unlikely that bakery products will be
peanut/tree nut free.)

COOKIES AND BARS:

NABISCO

Oreos (Regular, Double Stuff, Chocolate Crème -
NOT Mint)

Chips Ahoy (Regular, Chunky, Chewy - NOT Mint)
Honey Maid Graham Crackers (Honey)
Teddy Grahams, Fig Newtons, Barnum Animal
Crackers, Nilla Wafers

KEEBLER

Fudge Stripes, Deluxe Grahams, E.L. Fudge

PEPPERIDGE FARM

Milano, Chessman, Shortbread, Brussels, Sugar
KELLOGG'S
Rice Krispie Treats (original)
Most Nutrigrain Bars, Most Pop Tarts
Special K 90 Calorie Bars (Chocolate, Vanilla,
Strawberry)

DARE

ENJOY LIFE (An allergen-free company at Whole
Foods and Co-op)

CANDIES:

Hershey's Milk Chocolate Kisses, Caramel Kisses,
Kissables
Starbursts, Smarties, Rolos, Tootsie Rolls, Tootsie
Pops, Skittles, Mild Duds, Dots, Sour Patch Kids,
Dum Dum Suckers, Twizzlers (Strawberry and
Cherry), Laffy Taffy, Nerds Air Heads
Marshmallows

FROZEN:

Pre-packaged Dilly Bars from Dairy Queen
Many fruit and popsicle treats are safe.
However, many ice creams are not.

PIZZA:

Papa John's, Dominoes, Pizza Hut
Most frozen pizzas and pizza rolls are safe.