

NUT-Free Snacks

The best way to determine if foods are allergy-free snacks is to read the label since most brands have a warning statement or allergen list.

Be aware of phrases like this:

"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"

Peanut/Nut Free Spreads

*Sunbutter Sunflower Seed Spread

*Soy Butter

*Wowbutter

*I.M.Healthy Soy Nut Butter

Plain hummus (read the label)

Guacamole

Produce Snacks

Fresh fruits (apples, oranges, banana, grapes, watermelon, etc.)

Fresh vegetables (carrots, celery, broccoli florets)

Applesauce cup or pouch

Canned fruits and vegetables

Mandarin orange fruit cup

Raisins

Dried Fruit

Salty Snacks

Cheetos

Roasted Chickpeas

Skinny Pop Popcorn

Crackers (Wheat Thins, plain Triscuits)

Pretzels (Newman's Own, Rold Gold, Pepperidge Farm Pretzel Goldfish)

Rice cakes

Goldfish/Cheddar bunnies

Wise Snacks Potato Chips, Popcorn, Cheez Doodles

Potato chips (popchips, Baked Lay's, Cape Cod, Baked Lay's, Pringles, Ruffles, Kettle Brand)

Pirate's Booty

Dairy Snacks

Yogurt tube

Pudding cup

Yogurt pouch

Cheese (stick, cube, round, slice)

Yogurt cup (*out for granola or cookies)

Sweet Snacks

Graham cracker

Teddy grahams

Nilla wafers

Fruit leather (homemade or store bought)

Fruit snacks

Oreos

Fig Newtons