

Food intended to be shared with classmates must be free from peanuts, tree nuts (including coconut), and nut oils. Please be sure your food item meets the following guidelines:

- ✓ **NO HOMEMADE GOODS. NO BAKERY GOODS** (except as noted on this list).
- ✓ Check ingredient labels each time of purchase to make sure there are still **NO peanuts or tree nuts**, including cross-contamination statements such as “may contain,” “made on the same equipment,” or “made in a facility that processes peanuts and/or tree nuts.” Ingredients may change without warning.
- ✓ Bring food items to school in the **original, sealed package** bearing the ingredient label.
- ✓ Bring food items to the school nurse’s office for approval before delivering to the classroom.

### THANK YOU FOR YOUR PARTICIPATION IN PREVENTING LIFE-THREATENING ALLERGIC REACTIONS AT SCHOOL.

*Please refer to the following list for suggested nut-free snack items.*

#### **FRUITS & VEGETABLES**

- Any fresh fruit or vegetables, prepackaged/bagged
- Del Monte Fruit Burst Squeezers
- GoGo SqueeZ applesauce pouches
- Sun Maid Raisins
- Ocean Spray Craisins (plain, no trail mixes)
- Good & Gather freeze-dried fruit (Target)

#### **CHEESE/DAIRY**

- String cheese/cheese sticks- Kraft, Frigo, Horizon Organic, Sargento, Land O Lakes
- Yogurt/smoothies (**NO** Mix-ins/Toppings) Annie’s, Chobani, Yoplait, Stoneyfield Farms, Dannon, Horizon Organic, Oikos

#### **FRUIT SNACKS**

- Annie’s Bunny Fruit Snacks & Orchard Fruit Bites
- Mott’s Fruit Flavored Snacks
- Welch’s Fruit Snacks & Fruit Rolls (check package as some Welch’s fruit snacks are processed with allergens)
- Fruit Roll-Ups, Fruit by the Foot, Fruit Gushers
- Nabisco Fruit Snacks

#### **JELLO/PUDDING- (NO Mix-ins/Toppings)**

- JELLO Gelatin cups, JELLO Pudding cups
- Handi-Snacks Pudding cups
- Hunt’s Pudding Snack Pack

#### **FROZEN TREATS**

- Breyer’s Natural Vanilla Ice Cream Snack Cups
- Luigi’s Real Italian Ice
- Minute Maid Juice Bars
- Outshine Fruit Bars
- Popsicle Brand

#### **SALTY SNACKS**

- Annie’s Cheddar Bunnies
- Bugles
- Cheetos
- Cheeze-Its, Cheese Nips
- Chex Mix (Original)
- Doritos
- Fritos Corn Chips and Scoops
- Handi-Snacks Breadsticks n’ Cheese, Pretzels n’ Cheese
- Kettle Brand Potato Chips
- Lay’s Potato Chips
- Munchos
- O-Ke-Doke Corn Puffs
- Pepperidge Farms Goldfish Crackers
- Pirate’s Booty Baked Rice and Corn Puffs
- Pringles
- Rolled Gold Pretzels
- Ruffles Potato Chips
- Skinny Pop Popcorn
- Smartfood popcorn
- Stacy’s Pita Chips
- Sun Chips
- Tostitos
- Triscuits
- Wheat Thins varieties

#### **BAKERY ITEMS**

- Janet’s Cakes (Bloomington)- requires **ONE WEEK** advance notice for nut-free orders. Package must have nut-free sticker for school nurse to approve.
- Tasty Baked Treats (Heyworth)- call ahead and specify nut-free
- **NO GROCERY STORE BAKERY CAKES/CUPCAKES** (Sam’s Club, HyVee, Meijer, Jewel, Kroger, & Wal Mart bakeries are not approved.)

## **CANDY**

- Airheads
- Andes Mints
- Charms Blow Pops
- Dum Dum Candy Canes
- Dum Dum Lollipops
- Haribo Gummi Candy (anything by Haribo)
- Hershey's Kisses (only plain milk chocolate & dark choc.)
- Jolly Rancher candy
- Junior Mints
- Life Savers Gummies
- Mike & Ike's
- Milk Duds
- Ring Pops
- Rolo
- Skittles
- Smarties
- Sour Patch Kids
- Sour Punch Straws
- Starburst
- Swedish Fish
- Tootsie Rolls & Pops
- Whoppers
- Willy Wonka brand- Laffy Taffy, Nerds, Pixie Sticks, Fun Dip, Spree, Shockers, Runts

## **COOKIES, BROWNIES, & GRAHAM CRACKERS**

- Annie's Bunny Grahams
- Annie's Graham Crackers—Honey and Cinnamon
- Barnum's Animal Crackers
- Chips Ahoy Cookies (check packaging as not all varieties are nut-free)
- Dare brand cookies
- Enjoy Life (all varieties)
- Keebler E.L. Fudge sandwich cookies (Original)
- Keebler Fudge Stripes, Grasshopper Fudge & Mint
- Keebler Scooby Doo Graham Cracker Sticks
- Kellogg's Rice Krispies Treats
- Lofthouse Cookies
- Lorna Doone Shortbread Cookies
- Nabisco Graham Crackers
- Newtons—Fig, Strawberry, Raspberry
- Nilla Wafers
- Oreos—Original, Double Stuff
- Pepperidge Farms Milano cookies

*For a more extensive list of nut-free items, please visit  
[www.snacksafely.com](http://www.snacksafely.com)*