

SAFE SNACK LIST FOR PEANUT, TREE NUT, EGG AND MILK ALLERGIES

The following snacks are considered “safe” for the classroom on the date of this update. However, ingredients often do change, therefore you must **READ THE LABEL AT THE TIME OF PURCHASE** and **do not bring a snack to class if the ingredients list:**

Peanuts and peanut oil

Nuts and nut oil

Eggs, Egg yolks/whites, egg substitutes, albumin, or lecithin (soy lecithin-OK)

Milk, milk products, yogurt, whey, casein, caseinate

Snacks with such statements as “May contain traces of nut..” or “Made on Equipment that manufactures or processes nut...”, or “Made in a facility that manufactures nut...” are **not** considered safe.

Fruits and Vegetables:

- All fresh fruits (whole, not cut)
- All fresh vegetables

- **Note: to prevent cross contamination items that have been cut and placed into a baggie or other storage container may not be allowed into the classroom.**

Chips, Crackers, Popcorn, and Pretzel Products: (Products must be in their manufactured package and may not be allowed into the classroom if they are placed in a baggie or other storage container in order to prevent cross contamination).

- Jolly Time Healthy Pop Kettle Corn
- Pretzels (Plain)- Not all varieties are safe, check label.
- Wheat Thins Crackers
- Saltine Crackers
- Nabisco Graham Crackers (Original)
- Nabisco Teddy Grahams (Honey, Cinnamon)
- Nabisco Barnum’s Animal Crackers
- Keebler Scooby Doo Graham Cracker sticks, cinnamon
- Quaker Rice cakes (Multigrain cinnamon sugar)
- Sun Chips (Original)
- Calbee Snack Salad Snappea Crisps (Original)
- Ritz crackers (Original and Ritz Sticks- OK; Ritz Bits are not safe)

Fruit Snacks- (Products must be in their manufactured package and may not be allowed into the classroom if they are placed in a baggie or other storage container in order to prevent cross contamination).

- Fruit Leather
- Fruit Rolls
- Jello Fruit snacks
- Sunkist Fruit Snacks

- Welches Fruit Snacks
- Betty Crocker Fruit Snacks
- Fruit Smoothie Blitz Fruit Snacks
- Florida's Natural Fruit Snacks

Cereals- (Products must be in their manufactured package and may not be allowed into the classroom if they are placed in a baggie or other storage container in order to prevent cross contamination)

- Fruit Loops
- Apple Jacks
- Cherrios (Original only)
- Chex Cereals (corn, wheat, rice only)
- Cinnamon Life
- Regular Life
- Regular Rice Krispies

If your room is not restricted from milk but is restricted from peanuts, tree nuts, and eggs these additional snacks/treats are considered safe:

- All Cheeses, String Cheese
- Yogurt raisins
- General Mills popcorn (Homestyle or Butter)
- Keebler Town House Crackers
- Kraft Cheese Nips
- Pepperidge Farm Goldfish Crackers (not all varieties are safe, check the labels)
- Kraft Handi-Snacks Cheese with Breadsticks or Pretzels
- Keebler Wheatables
- Hostess Mini muffins (chocolate chip, blueberry, brownie bites)
- Nabisco Fig Newtons
- Quaker Fruit Bites (apple, strawberry, berry)
- Kellogg's Nutrigrain Cereal Bars (apple cinnamon, yogurt, strawberry, vanilla, apple cobbler twist, raspberry, blueberry, mixed berry, strawberry)
- Kellogg's Fruit Loops Cereal and Milk Bars
- Any flavor of Quaker Rice Cake
- Jello Pudding Bites
- Keebler Fudge Stripe cookies
- Sun Chips (Harvest Cheddar, French Onion)
- Kellogg's Frosted Mini Wheat

BIRTHDAY TREAT LIST- The following foods will be allowed as birthday treats only. Everyday snack time is for a healthy snack whereas birthday snacks are a special treat.

Cookies, Fruit Snacks, Treats- **Note: only prepackaged foods are considered safe, foods from bins may be contaminated by residue from what food was in the bin prior to the current food**

- Nabisco Oreo Cookies (Regular, Double Stuff, minis are OK)
- Nabisco Fruit Snacks (Brach's snacks are not considered safe)
- Junior Mints
- Life Savers (Regular types- not swirled or with cream)
- Skittles
- Jolly Rancher Candies
- Starburst (Regular, not cream variety)
- Sweet Tarts (not Chewy variety)
- Dum Dum Lollipops
- Smarties
- Runts
- Swedish Fish
- Gummy Brand Gummy Bears
- Nerds
- Starburst jelly beans (Jelly Belly brand is not safe, contains peanuts)
- Starburst brand and sweet tart brand of candy canes
- Super Rope
- Red Vine Licorice
- Popsicle Brand popsicles
- Nestle Scooby Doo Push Up Frozen Slushy
- Nestle Brand Superman Stick Ice Pops
- Flavor Ice