

Safe Snack List

The following is a list of snacks that are safe for a peanut/tree nut allergic child to eat.

A

Apples
Applesauce
Airheads

B

Bananas
Betty Crocker Brownie Mix with Hershey's Syrup
Breyer's Ice Cream – Vanilla, Chocolate
Blow Pops

C

Cheese
Cake Mixes (check label)
Cheerios – plain only
Cheezit Crackers
Cheezit Twisterz
Cheezit Crisps
Cantaloupe
Carrots
Cheese Nips
Chips Ahoy (Regular only)
 Blue Package Bulk
 Mini Packs
Cheetos
Cheese Puffs

D

Disney animal crackers, graham crackers
Dots
Doritos

F

Fresh fruit

Fruit cups (peaches, cocktail, etc.)
French's Potato Sticks
Fruit Loops Cereal Bar (only Fruit Loops – not Trix, Cocoa Puffs, Cheerios)
Fruit Snacks
Fruit Rollups
Fritos

G

Goldfish Crackers (not party mixes or sandwich crackers)
Graham Crackers
Grapes
Gummy Bears

H

Hershey chocolate (plain)
 Chocolate chips
 Chocolate bars
 Kisses (silver foiled plain)
 Kissables
Handy Snack Packs
 Breadsticks/cheese
 Ritz Crackers/cheese
 Oreo sticks
 Pretzels/cheese
Hunts snack pack pudding
Honey Maid – crackers, graham sticks, oatmeal & oatmeal raisin-cookies
Harris Teeter – popcorn, cheese crackers, graham crackers, animal crackers, saltines
Hostess - Twinkies, cupcakes, Ho Ho's, Ding Dongs

J

Jello cups

K

Keebler Club Crackers, Wheatables, Honey Wheat Sticks, Fudge Stripe cookies, Rite Bites, Cheese Its, Fruit Snacks, Honey Grahams, Cinnamon Grahams, Vanilla Wafers, Saltines
Kraft Handi snack puddings
Kraft Cheese Nips
Kraft Easy Cheese Spread

Krispy Kreme Donuts

L

Life cereal
Lay's chips
Lollipops
Life Savers
Lays Stax

M

Mandarin oranges
Marshmallows (jet puffed)
Murray – vanilla wafers
Milk Duds

N

Nabisco Wheat Thins
Nabisco Triscuit
Nabisco 100 calorie packs
 Chips Ahoy
 Cheese Nips
 Oreo
 Ritz crackers
 Fruit snacks
Nilla wafers

O

Oranges
Oreos – regular, golden, double stuff, reduced fat

P

Pringles
Peaches
Pudding cups
Popsicles (regular)
Pretzels (not Snyder of Hanover)
Popcorn

Q

Quakes Rice Cake Snacks

Quaker fruit oatmeal bars and bites
Quaker munchie mix

R

Raisins
Ritz crackers, chips, sticks (no Ritz Bits)
Rice Krispy Treats
Rolos
Rold gold pretzels (not the sandwiches)

S

Special K Cereal Bars
Sherbet cups
Salsa
Sweet Tarts
Suckers (Dum Dums)
Starburst
Slim Jims
Sunshine – Cheese Its
Skittles

T

Teddy Grahams
Tostitos Tortilla Chips
Townhouse Crackers – original and wheat
Twizzlers
Tootsie Rolls

V

Veggies

W

Watermelon

XYZ

Yogurt – yogurts with topping sprinkle ins should be avoided
York Peppermint Patties

Things to AVOID in general:

Granola Bars

Baked good from bakeries, grocery stores or prepackaged donuts
Premade crackers and cheese
Chocolate candy's
Ice cream (unless carefully checked)

Even if an item is on this list, please scan the ingredient list because it can change at any time. Be sure to read over the entire package because cautionary statements may be anywhere on the package, not necessarily with the ingredients.

The following list contains words that could indicate the presence of peanut/tree nuts and should be avoided also:

Artificial nuts, nougat, hydrolyzed peanut protein, goober peas, food additive 322, peanut flour, ground nuts, gianduja, mandelonas, marzipan, arachis and arachis oil.