

PEANUT / NUT SAFE SNACK CONDENSED LIST

Here is a list of suggestions for snacks for children that have peanut and/or tree-nut allergies. Please note that food companies can change their ingredients at any time, so it is always important to check labels.

Birthday treats and Holiday treats

Birthday cakes or treats can always be ordered at the NUT FREE PAREVE Bake Station: 248-723-9000 (Southfield) or 248-626-9000 (West Bloomfield).

SNACKS / CRACKERS

Goldfish Crackers – all flavors
Cheeze-Its
Graham Crackers - Honey Maid, Cinnamon, Chocolate
Fruit Snacks - Fruit Roll Ups, Fruit by the Foot, Fun Fruit
Jell-O and Pudding Snacks
Individually wrapped original rice crispy treats
100 calorie packs except peanut butter ones

PRETZELS

Better Made Pretzel
Rold Gold Pretzels
Kroger's Pretzels

BAGELS

Lenders Bagels – Plain, Wheat, Onion, Egg, Cinnamon Raisin Swirl
Sara Lee Bagels – Delightful, Cranberry Orange, Cinnamon, Whole Wheat
Thomas Bagels – Plain, Cinnamon, NY Style Everything, NY Style Onion, Minis

DONUTS

Entenmanns Little Bites Glazed Donut Holes
Entenmanns Donut Holes

CEREAL

Cheerios, Cocoa Puffs, Apple Jacks, Rice Krispies, Raisin Bran, Frosted Flakes

APPLESAUCE AND PUDDING

Motts Applesauce Plain or Cinnamon
Dole Fruit bowls Orange and Peaches
Hunt's Snack Pack Puddings
Kozy Shack Rice Puddings

ICE CREAM AND POPSICLE

Philly Swirl Frozen Push Ups
Nestle Push Ups
Klondike Oreo
Popsicle brand Orange, Cherry, and Grape
Breyer's Ice Cream Vanilla

CHIPS

Lays Potato Chips
Pringles- All Flavors
Doritos
Cheetos
Tostitos Tortilla Chips

COOKIES

Nabisco Oreos
Nabisco Fig Newtons
Nabisco Nilla Wafers
Nabisco Chips Ahoy Cookies
Teddy Grahms

CANDY

Laffy Taffy
Dum Dum Suckers
Twizzlers Licorice
Mike and Ikes
Hershey Kisses – **plain silver only**
Hershey Kissables
York Peppermint Patties
Skittles
Starburst

*****PLEASE REMEMBER TO RECHECK LABELS FOR CHANGES*****