

Suggested Snacks for a nut free environment

Please keep in mind that all prepackaged food should have a label on it.

Manufacturers may change recipes or manufacturing practices without notice, so always read the labels, even if you have purchased the same item previously.

Labels such as “may contain peanuts or traces of peanuts” or “made on equipment that also process peanuts” or “made in a facility that also packages peanuts” indicate the possibility of cross contamination with peanuts and should be avoided. Even unseen trace amounts of nuts can cause a severe allergic reaction.

Common, non-organic snacks that can be found at nearly any grocery store.

- *Fruit or applesauce cups
- *Yogurt without candy or granola add ins
- *Jell-O or pudding cups
- *Nutri-grain cereal bars
- *Nutri-grain yogurt bars
- *Barnum's Animals Crackers
- *Cheese Nips
- *Chips Ahoy! Cookies
- *Honey Maid Grahams
- *Newton's – Fig or Strawberry
- *Oreos and Golden Oreos (plain)
- *Teddy Grahams
- *Teddy Grahams Trail Mix
- *Nilla Wafers – Regular or Mini
- *Plain Ritz crackers
- *Wheat Thins
- *Triscuit Crackers
- *Premium saltine or soup and oyster crackers
- *Some E.L. Fudge cookies
- *Frosted Animal Cookies
- *Bug Bites (Grahams)
- *Vanilla Wafers
- *Fudge Stripes Shortbread cookies
- *Grasshoppers
- *Graham crackers
- *Original Club crackers
- *Original Town House crackers
- *Betty Crocker Fruit shapes, Fruit roll ups, Fruit by the Foot
- *Sun Chips
- *Some Rold Gold pretzels
- *Goldfish crackers
- *Sunshine brand Cheez-Its

For those who are concerned about serving too many prepackaged or processed foods, or have a preference for organic foods here is a list from

www.100daysofrealfood.com

FRESH FRUITS & VEGETABLES

- *Apple
- *Banana
- *Carrots
- *Celery
- *Mango
- *Pear
- *Grapes
- *Strawberries
- *Blueberries
- *Raspberries
- *Oranges
- *Peaches
- *Plums
- *Grapefruit
- *Avocado
- *Pineapple
- *Papaya
- *Star Fruit
- *Figs
- *Honeydew Melon
- *Cantaloupe
- *Watermelon
- *Black Beans, Pinto Beans, etc.
- *Lima Beans
- *Cherries
- *Edamame
- *Sugar Snap Peas
- *Green Beans
- *Sweet Potato (with cinnamon)
- *Sliced Bell Peppers
- *Trader Joe's Ready to Eat Beets
- *Cucumber
- *Jicama

- *Pomegranate
- *Cherry Tomatoes
- *Snow Peas
- *Cauliflower
- *Broccoli
- *Lentils – Tasty Bite Heat and Eat Lentils
- *Trader Joe's Steamed Lentils (Refrigerated Section)
- *Garbanzo Beans
- *Wedge of Cabbage

Some of these veggies would be great dipped into Cedar's Organic Hummus or Sabra Hummus Dip (not roasted pine nut flavor)

OTHER "REAL FOOD" SNACKS

- *Cheese
- *Plain yogurt sweetened with a little honey
- *Raw Sesame Seeds
- *Raw Pumpkin Seeds
- *Hard-Boiled Eggs
- *GoRaw Live "Granola Bar"
- *GoRaw Live "Pumpkin Bar"
- *Bella Famiglia Olives
- *Organic Divina Olives
- *Mediterranean Organic Olives
- *Gaea Kalamata Olives
- *Earth Fare Organic Olives
- *Cedar's Organic Hummus or Sabra Hummus Dip (not roasted pine nut flavor)

100% WHOLE-GRAIN SNACKS

- *Triscuits Popcorn
- *Oatmeal (served warm in thermos)
- *Shredded Wheat (Post or Earth Fare brand)
- *Arrowhead Mills Puffed Whole Grain Cereal (Corn, Wheat or Millet)
- *Crunchmaster Multi-Seed Crackers
- *Trader Joe's Woven Wheat Wafers
- *Streit's Whole-Wheat Matzo Crackers
- *Doctor Kracker Seeded Spelt Crackers
- *Edward & Sons Brown Rice Snaps
- *Koyo Brand Organic Brown Rice Chips
- *Finn Crisp Thin Rye Crispbread
- *Lundberg Brown Rice or Wild Rice Cakes
- *Koyo Brown Rice Cakes
- *Real Foods Corn Thins
- *Wasa Rye Crispbread Varieties
- *Ryvita Rye Varieties
- *Kashi Heart to Heart Whole Grain Crackers (Original and Roasted Garlic)
- *Kashi 7 Grain Frozen Waffles
- *Whole-Wheat or Brown Rice Pasta (macaroni noodles, penne, etc. can be served warm with butter in thermos or served cold as a pasta salad)

- *HT Naturals Organic Brown Rice (good with bits of avocado and soy sauce)
- *HT Naturals Whole Wheat Couscous (good mixed with a Greek yogurt sauce called Tzatziki)

DRIED AND CANNED FRUITS

- *GoGo Squeeze Applesauce
- *Unsweetened Raisins
- *Trader Joe's Fruit Leathers
- *Trader Joe's Fruit Flakes (Apple Raspberry, Apple Strawberry...similar to fruit leathers)
- *Trader Joe's Fiberful Fruit Bars
- *Trader Joe's Organic Fruit Wraps
- *Buddy Fruits – Pure Blended Fruits
- *Clif Kid Organic Twisted Fruit Rope
- *Trader Joe's Dried Baby Sweet Pineapple
- *Trader Joe's Freeze Dried Mango, Banana Slices, Blueberries or Strawberries
- *Trader Joe's Vacuum Dried Pineapple or Banana Chips
- *Costco – Brothers All Natural Crisp (dried fruit)
- *Nothing But Banana Flattened
- *Dried Apple Rings
- *Native Forest Organic Mandarins
- *Native Forest Papaya Chunks
- *Native Forest Mango Chunks
- *Native Forest Pineapple
- *Made in Nature Dried Apricots
- *Made in Nature Dried Apples
- *Made in Nature Dried Mission Figs
- *All Funky Monkey Freeze Dried Fruit Varieties
- *Eden Organic Dried Cranberries
- *Eden Organic Dried Blueberries
- *Eden Organic Dried Cherries
- *Organic Just Cherries
- *Organic Just Mango
- *Organic Just Blueberries
- *Organic Just Strawberries
- *Just Strawberries 'N Bananas
- *Organic Just Apples
- *Organic Just Peas
- *Organic Just Veggies
- *Trader Joe's Roasted Seaweed Snack

For other suggestions or information please visit <http://snacksafely.com/snacklist.pdf> http://www.verona.k12.wi.us/uploaded/Core_Knowledge/Snacklist.pdf or <http://www.100daysofrealfood.com/wp-content/uploads/2011/11/Elementary-School-Snack-List1.pdf>