

Some Example of "SAFE" Nut-Free Snacks

Wheat Thin Crackers
Graham Crackers
Saltines
Pretzels
Big Round Ritz Crackers (NOT Ritz Bits)
Oreos (Plain only – others contain peanut flour!)
Chips Ahoy (Large ones only, the mini have pecans)
Tootsie Rolls, Skittles, Starburst, Troli gummi bears
Plain Popcorn
Gold Fish Crackers
Cheeze-its
Carrot Sticks
Celery Sticks
Raisins
Apple Slices
Oranges
Grapes
Yogurts
Cheeses
Fruit Juices
Fruit Popsicles
Cream Cheese
Bagels
Quaker Crispums
Betty Crocker Fruit Snacks and Rolls
Frito Lays Potato Chips (all flavors)
Teddy Grahams
Cheetos
Krispy Kreme Doughnuts
Pirates' Booty
Hostess cupcakes
Jello and Jello Pudding Cups
Honey Maid Graham Crackers and Graham Snacks
Junior Mints
Marshmallows
Sixlets
Plain Triscuits
Kellogs Nutri-Grain Cereal Bars
Plain Chips Ahoy (not minis)
Plain Oreos (minis or regular-sized)
Fresh fruit and vegetables!