

SAFE SNACK GUIDE

Foods found mostly in the perimeter (outer edges) of most grocery stores – often the best place to find the healthiest foods

Fruit, Dried– Free of Top 8 Allergens & Whole Food Sources

<ul style="list-style-type: none"> All Funky Monkey Freeze Dried Fruit Varieties Blueberries Brothers All Natural Crisp (dried fruit, Costco) Cranberries Eden Organic Dried Blueberries Eden Organic Dried Cherries Eden Organic Dried Cranberries Figs Made in Nature Dried Apples Made in Nature Dried Apricots Made in Nature Mission Figs Ocean Spray Craisens – Cherry & Original Organic Just Apples Organic Just Blueberries Organic Just Cherries Organic Just Mango 	<ul style="list-style-type: none"> Organic Just Peas Organic Just Strawberries 'N Bananas Organic Just Strawberries Organic Just Veggies Sunmaid Apricots Sunmaid Dried Peaches, Pineapple, Mango, Cherries Sunmaid Zante Currents Sunmaid Raisins (NOT Yogurt covered) Sun Sweet Prunes Trader Joes Dried Pineapple Rings Trader Joes Freeze Dried Mango, Banana slices, Blueberries or Raspberries Trader Joes New Zealand Sweet Apple Rings Trader Joes Roasted Seaweed Snack Unsweetened Raisins
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Fruits, Fresh (inc. jarred/canned) – Free of Top 8 Allergens & Whole Food sources

<ul style="list-style-type: none"> Apple Applesauce Apricot Avocado Bananas Blueberries Cantaloupe Cherries Dates Figs Grapefruit 	<ul style="list-style-type: none"> Grapes Honeydew Melon Kiwi Kumquat Mandarin Oranges Mango Nectarine Olives Orange Papaya Peach 	<ul style="list-style-type: none"> Pear Pineapple Plums Pomegranate Quince Raspberries Starfruit Strawberries Tomato Ugli Fruit Watermelon 	<ul style="list-style-type: none"> Native Forest: <ul style="list-style-type: none"> Organic Mandarins Papaya Chunks Mango Chunks Pineapple Trader Joes Glass Jarred <ul style="list-style-type: none"> Peaches & Pears
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Fruit Based Foods – Free of Top 8 allergens

<ul style="list-style-type: none"> Annie's Organic Fruit Snacks Betty Crocker Fruit Flavored Snacks Buddy Fruits – Pure Blended Fruits Clif Kid Organic Twisted Fruit Ropes Delmonte Fruit and Veggie Squeezers Fruit by the Foot Fruit Cups (peaches/cocktail, etc.) Fruit Gushers Fruit Rollups 	<ul style="list-style-type: none"> Gogo Squeeze Applesauces Ocean Spray Fruity Snacks Stretch Island Fruit Strips Trader Joes All Fruit Bars Ends and Pieces Trader Joes Fruit Flakes (apple, raspberry, apple strawberry) Trader Joes Fruit Leathers Trader Joes Organic Fruit Wraps
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Vegetables – Free of Top 8 Allergens & Whole Foods sources

Artichoke	Lettuces	Sugar Snap Peas
Avocado	Olives	Sweet Potato
Baby carrots	Parsnip	Tomatoes – Cherry or grape
Beets (Trader Joes ready to eat)	Peas	Turnip
Broccoli	Peppers	Yam
Cabbage wedge	Pickles	Zucchini
Carrot sticks	Potatoes	
Cauliflower	Pumpkin	Dips (check label for nuts)
Celery	Radish	
Cucumber	Salsa	Salad Dressing (check label for nuts)
Edamame	Sliced Bell Peppers, sliced	
Eggplant	Snow Peas	
Green Beans	Spinach/Lettuces for Salad	
Jicama	Squash	

FUN FACT – Did you know, you can “eat” the alphabet between all of the fruits and vegetables available? Well, that is if you include Quince, Xigua A.K.A. watermelon and vegetable marrow!

Breads/Rolls/Bagels

Cobblestone Mill rolls (most)
Pepperidge Farm Breads
Nature’s Own Breads
Martins Potato Rolls & Bread
Sara Lee Breads
Sunbeam Bread
Thomas’s Bagels & Mini Bagels
Trader Joes Whole Wheat, Plain, Cinnamon Raisin
Trader Joes Whole Wheat & Original pita bread pockets (big & mini)

Great Harvest Bread Company Products ARE NOT SAFE

Peanut Butter Spread Alternatives

Sunbutter (check that it is made in a peanut free facility – some ARE NOT)
IM Healthy Soy Butter
Soywonder Soy Butter – Bi-Lo
Biscoff Cookie Spread (try in place of Nutella)

Dairy

Cheese/Cheese sticks	Kraft Handi Snack Puddings
Greek Yogurt	Jell-O Pudding
Yogurt Cups (without sprinkle ins)	Hunts Pudding
Yogurt in Squeezable tubes	

Foods found in the center aisles of most grocery stores

Beans

Baked Beans	Lima Beans
Black Beans	Pinto Beans
Garbanzo Beans	Trader Joes Steamed Lentils (Refrigerated section)
Kidney Beans	Vegetarian Beans
Lentils – tasty bite heat and eat lentils	

Cereal & Granola

Cascadian Farm's Cinnamon Crunch	Kellogg's Apple Jacks
Enjoy Life Cereals – most free of top 8 allergens Sold at Bi-Lo & Earth's Fare	Kellogg's Corn Pops
General Mill's Cinnamon Toast Crunch	Kellogg's Crispix
General Mill's Fruity Cheerios	Kellogg's Fruit Loops
General Mill's Kix	Kellogg's Mini Wheats
General Mill's Lucky Charms & Trix	Kellogg's Rice Krispies
General Mill's plain Cheerios & Multi Grain Cheerios (many other brands or off label are NOT safe)	Plum Kids Organic Morning Mashups – squeezable oatmeal – Raspberry Swirl, Oatmeal Raisin, Maple Banana
General Mill's Rice, Corn, Cinnamon, Wheat, Apple Cinnamon & Vanilla flavored Chex	Quaker Cinnamon Life
Kashi Berry Blossoms	Quaker Honey Graham Oh's
Kashi Heart to Heart Honey Toasted	Quaker Life
Kashi Honey Sunshine	Quaker Original Oatmeal Squares & Cinnamon Golden Maple only
Kashi Oats Flakes and Blueberry Clusters	Quaker Whole Hearts
Kashi Warm Cinnamon Oat	W – Post & Earth's Fare Brand Shredded Wheat

Granola

Cascadian Farm's Organic Berry Cobbler Granola, Cinnamon Raisin Granola & Oats and Honey Granola only
Enjoy Life Cinnamon Raisin Crunch Granola – free of Top 8 allergens – Bi-Lo & Earth's Fare
Honey Bunches of Oats Bag of Granola – Crunchy Cinnamon & Raspberry
Special K – Low fat Honey Granola

Cereal Bars, Granola Bars & Toaster Pastries

Cascadian Farm Organic Chewy Granola Bars – Berry Flavored and Chocolate Chip
Cascadian Farms Chewy Chocolate Chip Granola Bar
Cascadian Farms Chewy Vanilla Chip Granola Bar
Enjoy Life – Cookies & Bars – Free of Top 8 Allergens – Bi-Lo & Earth's Fare
GoRaw Live "Granola Bar"
GoRaw Live "Pumpkin Bar"
Kellogg's Nutri Grain Bars - Strawberry bars, Apple Cinnamon and Blueberry Bars etc.
Kellogg's Pop Tarts – (most but not all)
Nature's Path Toaster Pastries – Cherry Pomegranate, Berry Strawberry
Quaker Chewy School Days Bars – Amazing Apple & Best Berry - Target
Special K Cereal Bars (some) – Blueberry, Red Berries, Vanilla Crisp, Raspberry Cheesecake, Chocolatey Strawberry
Special K Pastry Crisps – Berry Streusel, Cookies and Crème, Blueberry, Brown Sugar Cinnamon, Chocolatey Delight
Trader Joes Organic Cherry Pomegranate & Strawberry flavored toaster pastries

Chips, Pretzels, Popcorn & the like

All Natural Pop Chips
Angie's Boom Chicka Kettle corn
Angie's Boom Chicka Popcorn
Bugles
Cape Cod Potato Chips
Cheese Puffs
Cheetos
French's Potato Sticks
Fritos
Funiyuns
General Mills Chex Mix Original and Cheddar only
Harris Teeter Popcorn
Kashi Hummus Crisps
Lay's Chips
Lay's Stax
Munchos
Pirates Booty
W - Popcorn (unless made in peanut oil)
Pretzel Crisps
Pretzels – (NOT Snyder of Hanover-be very careful reading labels)
Pringles
Quaker Popped Chips Salsa Fresca
Quaker Popped Chips White Cheddar and Herb
Quaker Popped Rice Snacks – Carmel Corn, Apple Cinnamon, Cheddar Cheese

Quaker Rice Cake Cheddar Snacks
Quaker Rice Cakes -Ranch, Carmel, and Butter Flavored
Riceworks Crisps – Sea Salt
Ritz Chips and Sticks (NO Ritz Bits)
Rold Gold Cheddar Cheese Pretzels
Rold Gold Honey Mustard Pretzels
Rold Gold Honey Wheat Pretzel Braided Sticks
Rold Gold Pretzel Rods
Rold Gold Pretzels (not the sandwiches)
Ruffles Chips
Smart Portions Cinnamon Apple Straws
Smart Portions Garden Veggie Chips
Smart Portions Garden Veggie Straws
Smartfood White Cheddar Popcorn
Southern Home Chips (most)
Stacy's Pita Chips
Sun Chips
Terra Chips
Tostitos Tortilla Chips
Trader Joes organic Corn Chips
Utz Honey BBQ Chips
Utz Regular Potato Chips (NOT Kettle Classics though)
Utz Sour Cream Potato Chips
Wise Potato Chip
Wise Smart Cheddar Popcorn

Crackers

DARE crackers (most – some are NOT made in DARE nut Free facilities though)
Gardetto's Roasted Rye Chips
Harris Teeter: Animal Crackers
Cheese Crackers
Graham Crackers
Saltines
Keebler: Club Crackers
Flipside Crackers
Honey Grahams
Saltines
Townhouse Toppers
Townhouse Crackers – Original & Wheat
Townhouse Pita & Flatbread Crisps
Wheatables
Zesta Saltines
Nabisco: Cheese Nips
Premium Saltines
W - Triscuits & Thin Crisps
Wheat Thins, Stix
Wheat Thin Flatbread
Wheat Thins Toasted Chips

Pepperidge Farm: Goldfish Crackers
Snack Sticks
Harvest Thins
Red Oval Farms Stoned Wheat Thins
Ritz: Crackers (NO Ritz Bits)
Handi Snacks N' Cheese Dip
Toasted Chips
Flatbread Crackers
Wheat Thin Crackers
Sunshine: Cheezit Crackers
Cheezit Crisps
Cheezit Party Mix
W – Real Foods Corn Thins
W – Crunchmaster multi seed crackers
W – Doctor Kracker Seeded Spelt Crackers
W – Edward & Sons Brown Rice Snaps
W – Finn Crisp Thin Rye Crispbread
W – Kashi Heart to Heart Whole Grain Crackers- Original
W – Lundberg Brown Rice or Wild Rice Cakes
W – Ryvita Rye Varieties
W – Streit's Whole Wheat Matzo Crackers
W – Trader Joes Woven Wheat Wafers
W – Wasa Rye Crispbread Varieties

Pre-Packaged Snack Mixes and Bulk Snack Packs

Angie's Boom Chicka Popcorn (Target)
Angie's Kettle Corn (Target)
Annie's Organic Bunny Grahams & Cheddar Crackers
Cheerios Cheddar Snack Mix
Chex Mix Individual 100 Calorie Snack Bags: Cheddar Cheese Flavor, Strawberry Yogurt Flavor & Chocolate
Chex Mix Chocolate Chunk Whole Grain Bars Combos
Handi Snack Packs
 Breadsticks/Cheese
 Ritz Crackers/Cheese
 Oreo Sticks
 Pretzels/Cheese
Keebler 100 calorie fudge stripes
Keebler 100 calorie Right bites fudge grahams
Kraft Ritz Crackerfuls (four cheese & classic cheddar)
LANCE products are NOT safe
Nabisco Honey Maid Angry Birds
Nabisco Mini Nilla Wafers
Nabisco Mini Oreos & mini chips ahoy

Nabisco Ritz Bitz Cheese Crackers
Nabisco Fig Newtons
Nabisco Teddy Grahams
Nabisco Vanilla Crème Snackwells
Nabisco Wheat Thins
Pepperidge Farms Goldfish Puffs
 100 Calorie Milano
 100 calorie Goldfish crackers
Pirates Booty
Quaker Popped Rice snacks Bi-Lo
Quaker Oatmeal squares packs
Rice Krispy Mini & Regular size
Ritz Mini Toasted chips
Smart Portions Veggie Chips
Smart Portions Veggie Straws
Special K Brownie Bites
Special K Popcorn Chips (butter, sweet & salty)
UTZ Pretzel sticks snack trays
Wise Chip variety pack

Sweets, Treats & Celebrations

Frequently used party supplies are shaded in grey

Cakes, Muffins & packaged Baking Goods

Andes Crème de menthe Baking chips
Betty Crocker Brownie Mix with Hershey's syrup
Betty Crocker Regular Sized Frosting – Please check labels though
Betty Crocker Spray Icing (many, check indiv. label)
Cake Mate Sprinkles
Cherrybrook Farm Baking mixes
CherryBrook Farm Frosting
Cutie Pie Cherry Flavor Pies
Cutie Pie Peach Flavor Pies
Entenmann's 3 flavor mix (softies) donuts
Entenmann's Little Bites Chocolate Chip, Blueberry muffins & Fudge brownie muffins
Entenmann's mini Chocolate Covered Donuts
Entenmann's Regular size chocolate covered donuts
Entenmann's mini Powdered & Cinnamon Donuts
Hershey's Chocolate Syrup
Hershey's Mini milk chocolate Kisses
Hostess 100 Calorie Packs (many, check indiv. Label)
Hostess Sweet 16 Chocolate Covered Donettes
Hostess Sweet 16 Frosted Powdered Donettes
Hostess Twinkies, Ho ho's, cupcakes, pound cakes
Jell-o cups

Jet Puffed Marshmallow Bits - Vanilla
Jet Puffed Marshmallow Crème
Jet Puffed Marshmallows
Kraft Caramels Indiv. Wrapped
Krispy Kreme Donuts – glazed, chocolate glazed & Holiday glazed only
Maraschino Cherries
Nestle Nesquik Chocolate syrup
Otis Spunkmeyer indiv. Wrapped muffins – Strawberry shortcake, Chocolate Chip & Blueberry
Pillsbury Cake mixes are usually safe – always check the label though
Pillsbury Easy Frost (frosting in a whipped crème type can) – Vanilla and Cream Cheese flavors
Pillsbury Regular Sized Containers – Please check labels
Smuckers Hot Fudge Sauce
**Superior Bakery Black & White Cookies & Brownie Bites (Costco)
**Wal-Mart sells frosted cookies and cupcakes that are MADE IN A NUT FREE FACILITY (check labels carefully though b/c containers of very similar looking products are NOT safe)
Swiss Miss Hot Cocoa

Candy

Airheads

Andes Crème de Menthe mints

Blow Pops

Dots

Dum Dum Lollipops

Gummy Bears (some brands)

Hershey Kisses (silver foil only)

Hershey Plain Chocolate Chips

Hershey's Plain standard size

Chocolate bars (not king size or bite sized)

Hot Tamales

Jelly Belly (some, not all)

Junior Mints

Laffy Taffy

Lifesavers

Mike and Ikes

Milk Duds – (original only)

Nerds

Ring Pops

Rolos (some)

Skittles

Starburst Fruit Chews

Sweet Tarts

Tootsie Pops

Tootsie Rolls

Trader Joes Organic Lollipops

Twizzlers

Whoppers (plain only)

York Peppermint Patties

Winter Holiday Candy

Candy Canes by Spangler – found in wide variety at Michaels craft stores

Hershey's Hershey-ettes – sold during winter holiday in red and green colors in the cane shaped tubes – taste like m&ms

Cookies

All DARE cookies

Annie's Bunny Grahams

Barnum's Animal Crackers

Belvita Breakfast Cookies – **crunchy** only

Enjoy Life Cookies & Bars – Free of Top 8 Allergens – Bi-Lo & Earth's Fare

Keebler 100 Calorie Rite Bites – (some, check indiv. Labels)

Keebler Deluxe Grahams

Keebler EL Fudge Cookies (some, check label)

Keebler Fudge Covered Grahams

Keebler Fudge Stripe Cookies & Minis

Keebler Grahams – Original, Honey & Cinnamon

Keebler Grasshopper

Keebler Scooby Doo Graham Cracker Sticks

Keebler Vanilla Wafers & Minis

Keebler Vienna Fingers Cookies

Lucy's Cookies – Free of many allergens - Bi-Lo & Earth's Fare

Nabisco 100 Calorie Packs – Ritz Snack Mix, Oreo Thin Crisps, Lorna Doone, Thin Chips Ahoy, Snackwell's

Nabisco Chips Ahoy (regular blue package only)

Nabisco Chips Ahoy regular Mini Packs

Nabisco Fig Newton's & Mini Packs

Nabisco Fruit Thins

Nabisco Ginger Snaps

Nabisco Grahams

Nabisco Honey Maid Graham Crackers & Sticks

Nabisco Lorna Doone Shortbreads

Nabisco Mallomars

Nabisco Nilla Wafers

Nabisco Oreos Double Stuff

Nabisco Oreos Mint

Nabisco Oreos Neapolitan & Birthday Cake

Nabisco Oreos Original (NOT fudge crèmes)

Nabisco Oreos Vanilla

Nabisco Snack Well Vanilla Cookies

Nabisco Snack wells

Nabisco Teddy Grahams

Nabisco Oreos Mini

Pepperidge Farms Chocolate Chunk Dark Chocolate Montauk Cookies

Pepperidge Farms Double Chunk Captiva Brownies

Pepperidge Farms Milanos

Pepperidge Farms Oatmeal Raisin Santa Cruz Cookies

Rice Krispy Treats Packaged

Ice Cream & Frozen Desserts

Breyer's Ice Cream – Vanilla, Chocolate

Push up pops

Sherbet Cups

Harris Teeter Brand Ice Cream Sandwiches (mini and regular sized)

Harris Teeter Brand Vanilla Ice Cream (some are egg free too)

Philly Swirl Popsicles – available at super bi lo Popsicles (regular)

Keebler Sugar Cones

Keebler Ice Cream Cups

Other

Beef Jerky
Slim Jims
Hormel Pepperoni Slices, Regular and Turkey Flavor (not in refrigerated section)
Deli Meats

A few pointers

- **Please check the label every time** – even if you have bought the same products safely for years.
- If a product is covered in chocolate or yogurt it is very likely NOT safe –check the label.
- Granola & granola bars very often contain NUTS
- Items that say “May Contain Nuts”, “Made in a Facility with Nuts” and “Made on a Line that also process Nuts” are NOT considered safe.
- If a product states “we use good manufacturing processes to segregate and remove allergens” and then “Made in a facility where nuts are present” it is NOT considered safe.
- Store Brand (Wal-Mart, Market Pantry, Aldi etc) labels must be checked VERY closely. Many of these are not labeled to include cross contamination with allergens. Better to avoid when unsure.
- Many online company website labels are out of date and are NOT consistent with in store product labeling.
- Due to labeling laws in the US, even reading the label may not be a perfect solution. But, it is the most feasible option we currently have as consumers toward avoiding allergens.

Some common products known to NOT be allergen safe

Annie’s Organic Granola Bars (NUTS)
Bulk seeds (processed beside NUTS)
Fiber One Bars (NUTS)
Hostess mini muffins (NUTS)
Kashi Granola Bars and Cookies (NUTS)
Lance Products (NUTS)
Little Debbie products (NUTS)
Murray Brand Cookies (NUTS)
Nature Valley Granola bars (NUTS)
Natures Path Granola and Cereals (NUTS)
Nestle Chocolate Chips line (NUTS)
Quaker brand snacks, granola bars & cookies (most, NUTS)
Sara Lee baked products (NUTS)
Sesame Seeds & Pumpkins Seeds – depends.... (most are processed beside NUTS)
Snyder of Hanover Chips & Pretzels (NUTS)
Tasty Cake Products (NUTS)
Yogurt covered raisins/many dried fruits (NUTS)

THANK YOU for your efforts toward keeping all kids at our school safe and ready to learn!

