

List of Nut-Free Snacks

FRUITS/VEGETABLES

- Any fresh fruit (apples, oranges, bananas, grapes, pears, plums, clementines, strawberries, melons, berries, etc.)
- Applesauce cups (and assorted variety fruit flavored applesauce)
- Raisins, Craisins, and other dried fruits
- Fruit cups (peaches, pears, oranges, pineapple, fruit cocktail, fruit blends, etc.)
- Fresh vegetables (baby carrots, celery sticks, grape tomatoes, cucumber slices, broccoli, pepper strips, etc.)
- Vegetable dips

CHEESE/DAIRY

- Yogurt in individual cups or tubes
- Pudding in individual cups, cans, or tubes
- String cheese or other cheeses (1 oz.)
- Drinkable yogurt or smoothies
- Cottage cheese
- Kraft Handi-snacks with cheese (with red sticks) **Be careful with any other type of pre-packaged cheese & cracker sandwiches, most contain nuts/traces of nuts

CRACKERS/SNACK ITEMS

- Crackers
 - Triscuits, Wheat Thins, Vegetable Thins (all flavors)
 - Ritz crackers/dinosaurs/sticks (NOT Ritz bits or sandwiches)
 - Town House, Club, Toasteds crackers
 - Cheez-Its, Cheese Nips, Better Cheddars
 - Saltines, Oyster crackers
 - Wheatables, Air Crisps, Munch'ems, Keebler **Snack Stix**
 - Kashi Tasty Little Crackers (TLC)
 - Breton/Dare brand crackers
 - Goldfish crackers
- Graham crackers, Graham cracker sticks
- Teddy Grahams or Teddy Graham character brands
- Bug Bites crackers
- Goldfish graham snacks
- Animal crackers (Austin Zoo, Barnum)
- Vanilla wafers
- Cereals
 - Cheerios (NOT Honey Nut or Frosted)
 - Chex (Rice, Corn, Wheat)
 - Cinnamon Toast Crunch
 - Corn Flakes
 - Crispix
 - Frosted Mini-Wheats
 - Kashi (Go Lean Crunch, Good Friends, Cinnamon Raisin Crunch, Heart to Heart)

cereals

- Kix
- Life (NOT Vanilla Yogurt Crunch)
- Wheaties
- Other unsweetened cereal without nuts
- Small bagels (Lenders or Thomas brand) with cream cheese (no nut type)
- Popcorn
- Pretzels (most all brands, but some Snyder's products not peanut/nut free)
- Nutrigrain cereal bars / yogurt bars
- Special K Bars (NOT Honey Nut)
- Special K **Snack** Bites
- Fig Newtons (all flavors)
- Rice cakes (NOT Quaker brand, not nut free)
- Quaker Quakes (mini rice cakes) / Mini Delights (all flavors safe)
- Potato Soy Crisps
- Cheez-It Party Mix / Munchie Party Mixes **Have not found any other brands of Chex type mixes to be peanut/nut safe

Be sure to check all labels. Manufacturers change all the time and they may have been a nut free facility in the past, but may no longer be.