

## **SUGGESTIONS FOR NUT AWARE FOODS**

Please note that this list has items that include other top 9 allergens, so if using for own purposes for classroom safe snacks where there are other top 9 allergens, please review labels for the other allergens that are in that classroom to avoid those not permitted in that particular classroom. (At the beginning of each school year, the nurse and/or teacher will distribute a separate classroom letter or email noting which food allergies are in that particular classroom with a pared down safe suggestion list for that classroom that is Nut Aware as well as safe for the other allergens in that classroom.)

### **FOR DETAILED LIST OF SPECIFIC BRANDS AND SUGGESTIONS GO TO:**

<https://snacksafely.com/guide/peanut-treenut-free/>. This list is updated every 4-6 weeks.

**Below are some more generic suggestions with brands that you can readily find in your local supermarket (some of these are also other allergen free – you would need to check label carefully to see which allergens it does or does not have in addition to no peanuts or tree nuts):**

### **FRUIT**

All fresh fruits

Dried Fruits (raisins, etc.) *(often made or processed with nuts but Sunmaid Raisins and Oceanspray Craisins are safe and do not have a may contain or made or processed with nuts warning)*

Freeze Dried Fruits (Bare is a great brand)

Annie's Peel-a-Parts

Apple Sauce (Mott's, etc.) / GoGo Squeeze

### **Vegetables**

All vegetables: Carrot Sticks, Cucumber, Zucchini, Cherry Tomatoes, Snap Peas, etc.

### **Dips/Spreads**

Sunbutter/Soy Butter/Wow Butter

Salsa

Guacamole

Jelly/Jams

Earth Balance Vegan Buttery Spreads

### **Dairy/Meats, etc.**

Cheesesticks

Pepperoni  
Deli Meats (except for Mortadella (has pistachio))  
Slim Jim Original jerky  
Vermont Original Beef & Pork sticks  
Yogurts (please avoid ones with nuts/granola)  
Breakstone Cottage Cheese cups and other cottage cheeses

**Chips/Crackers/Cereals/Popcorn etc.**

Cheerios (avoid any nut ones)  
Kix cereal  
Crispix  
Stacy's Pita Chips (plain or cinnamon sugar)  
Most Back to Nature Items  
Most Graham Crackers  
Kinnikinnick Brand  
Nabisco Wheat Thins Original  
Nabisco Triscuits  
Nabisco Premium Saltine Crackers (large square and small)  
Premium or Olde Cape Cod Oyster Crackers  
Ritz original plain crackers (no Ritz sandwiches or minis)  
Town House Crackers  
Kellogg's Club Crackers  
Snyder's Pretzels & many pretzel brands  
Rold Gold Tiny Twists Pretzels & sticks  
Fritos  
Skinny Pop – Salt  
Smartfood  
BjornQorn Popcorn  
Skinny Popcorn Cakes  
Rice Cakes  
Friendly Grains Crunchy Rollers (Costco – rice cake like in a log form)  
Harvest Snaps  
Cheez-its  
Pirate's Booty  
Pop Corners  
Pop Chips  
Wise Potato Chips  
Ruffles Potato Chips  
Cape Cod Potato Chips  
Pringles Original and other flavors

Most tortilla chips  
Goldfish cheddar, pretzels, rainbow, etc.  
Sun Chips  
Doritos  
Cheetos  
Enjoy Life Lentil Chips

**Bars (Check for Nuts, the following are considered safe)**

Made Good Granola products  
Enjoy Life Brand snacks  
Nature's Bakery Fig Bars  
Nature's Bakery Honey & Oat Cereal Bars  
No Nuts Energy Bars (Amazon and other stores)  
That's It Mini Fruit Bars (Cotsco)  
Pure Organic Fruit Bars (Cotsco)  
Nutri Grain bars

**Breads**

Pretzilla Buns and Pretzel Bites  
Pepperidge Farm Farmhouse  
Canyon Bakehouse Breads  
Kinnikinnick Breads

**Sweets**

Divvies Cookies (Brother's market sells these as well as WF & Wegmans)  
Enjoy Life Cookies, Enjoy Life Chocolate Chips or Bars  
Home Free Cookies  
Free to Eat Cookies  
Fig Newtons  
Made Good Cookies and granola (all flavors)  
Oreos (regular, double & mega stuffed – all with vanilla cream inside)  
Annie's and Welch's gummies  
Rice Krispies plain  
Nabisco Barnum Animal Crackers  
Teddy Graham Animal Crackers  
School Safe Bars, Cupcakes, muffins  
Fancypants cookies  
Kinnikinnick cookies  
Free2B chocolate treats  
Vermont Nut Free candy and chocolates

Jolly Ranchers, Lifesavers hard candies (and gummies), jelly belly jelly beans, skittles and many non-chocolate hard/gelatin candies (just double check for made or processed with nuts)

**Helpful tips:**

Vegan and Nut Free are good labels to look for.

[www.snacksafely.com](http://www.snacksafely.com) has a wonderful guide

**For more information about food allergies visit:**

[www.kidswithfoodallergies.org](http://www.kidswithfoodallergies.org)

[www.foodallergy.org](http://www.foodallergy.org)