

A child in your child's classroom has a peanut/tree nut allergy which could be life threatening.
Below is a list of snacks that are peanut/nut-free at this time.
If you would like to provide a peanut/nut free snack, this list offers some suggestions.

Peanut/Tree Nut-Free Snacks*

Please read all labels carefully.

Fruits

All fresh fruit
Dole Fruit Bowls
Del Monte Fruit To-Go Cups
Sun-Maid Raisins (**not chocolate covered**)
Applesauce Cups
Motts Fruit Blasters Applesauce Tubes
T. Mazettis Carmel Apple dip with apples

Bagels

Lenders and Thomas bagels and mini-bagels

Dairy

Yogurt
Most are safe (without toppings such as granola)
Gogurt, Danimals, etc.
Cheese sticks

Vegetables

All Fresh Vegetables Including:
Carrots with Dip
Celery Sticks with Cream Cheese

Cookies / Grahams

Fig Newtons
Nilla Wafers
Teddy Grahams (honey, cinnamon, chocolate)
Oreos & Mini Oreos (**not mint-crème**)
Chips-A-Hoy (**not minis**)
Bisco Wafers
Pepperidge Farm - Milano, Chessmen, Shortbread
and Sugar Cookies
Keebler - Butter Cookies, Grasshopper Cookies
Nabisco - Barnum Animal Crackers, Oatmeal & Iced
Oatmeal Cookies
Rice Krispie Treats (**plain only**)
Kellogg's Nutri-Grain Cereal Bars

Crackers

Honey Maid Grahams and sticks
honey and cinnamon flavors
Ritz Crackers (**plain only, not sandwiches**)
Keebler Club Crackers (**original only, not sandwiches**)
Nabisco Saltines
Sunshine Cheez-Its
Triscuits
Wheat Thins
Rold Gold Pretzels (most pretzel brands are safe too)
Pepperidge Farm Cheddar Goldfish
Sargento- Mootown Crackers & Cheese Dip
Keebler Town House Crackers
Kraft Handi-Snacks Crackers with Cheese Dip

* **Important:** Due to continual changes in manufacturer packaging and processing, please read the ingredient label of the snack chosen from this list to ensure that it does not contain any of the following... peanuts/tree nuts, peanut/nut butter, peanut/nut oil, peanut/nut flour, peanut/nut meal, or any of the statements "May contain traces of peanut/tree nuts" or "Manufactured in a facility that also processes peanuts (and/or other nuts)".

Bakery items and ice cream products are NOT on the approved list.

Ask at Cub Foods for bakery items (may be safe).

(This list may be downloaded from our website: www.lakeharrietumpreschool.org)