

Suggested Snacks for a nut-free environment

Please keep in mind that all prepackaged food should have a label on it. **Manufacturers may change recipes or manufacturing practices without notice, so always read the labels, even if you have purchased the same item previously.**

Labels such as “may contain peanuts or traces of peanuts” or “made on equipment that also processes peanuts” or “made in a facility that also packages peanuts” indicate the possibility of cross contamination with peanuts and should be avoided. Even unseen trace amounts of nuts can cause a severe allergic reaction.

For great snack suggestions or information please check the snack list at [SnackSafely](http://SnackSafely.com), it is updated quarterly to ensure the most recent information for allergen-safe eating!

COMMON SNACKS	FRESH FRUITS & VEGETABLES	OTHER “REAL FOOD” SNACKS
*Fruit or applesauce cups *Yogurt without candy or granola add ins *Jell-O or pudding cups *Barnum's Animals Crackers *Cheese Nips *Chips Ahoy! Cookies *Honey Maid Grahams *Newton's – Fig or Strawberry *Oreos and Golden Oreos (plain) *Teddy Grahams *Teddy Grahams Trail Mix *Nilla Wafers – Regular or Mini *Plain Ritz crackers *Wheat Thins *Triscuit Crackers *Premium saltine or soup and oyster crackers *Some varieties - E.L. Fudge cookies *Frosted Animal Cookies *Bug Bites (Grahams) *Vanilla Wafers *Fudge Stripes Shortbread cookies *Grasshoppers *Graham crackers *Original Club crackers *Original Town House crackers *Sun Chips *Some Rold Gold pretzels *Goldfish crackers *Sunshine brand Cheez-Its	*Apple *Banana *Carrots *Celery *Mango *Pear *Grapes *Strawberries *Blueberries *Raspberries *Oranges *Peaches *Plums *Grapefruit *Avocado *Pineapple *Papaya *Star Fruit *Figs *Honeydew Melon *Cantaloupe *Watermelon *Cherries *Edamame *Sugar Snap Peas *Green Beans *Sweet Potato (with cinnamon) *Sliced Bell Peppers *Cucumber *Jicama *Pomegranate *Cherry Tomatoes *Snow Peas *Cauliflower *Broccoli	*Cheese *Plain yogurt sweetened with a little honey *Raw Sesame Seeds *Raw Pumpkin Seeds *Hard-Boiled Eggs *GoRaw Live “Granola Bar” *GoRaw Live “Pumpkin Bar” *Bella Famiglia Olives *Organic Divina Olives *Mediterranean Organic Olives *Gaea Kalamata Olives *Earth Fare Organic Olives *Cedar's Organic Hummus or Sabra Hummus Dip (not roasted pine nut flavor)