

The following is a list of some more popular safe snacks, taken from snacksafely.com
**Please refer to the website for a full version of this list and for updates as product ingredients do change, and ALWAYS check your food labels.

CUPCAKE MIX & FROSTING

Duncan Hines – Classic yellow and classic chocolate cake mixes

Pillsbury Frosting- Creamy Supreme- classic white, vanilla, chocolate

Hershey's Plain Chocolate Kisses

PRETZELS

Utz Halloween Pretzel Treats

Utz Hard Pretzels

Utz Pretzel Sticks- cinnamon, country stix

Utz Pretzel varieties- butter waffle, nuggets, holiday shapes, rods

Utz Select Pretzels- Honey Wheat Braids

Bachman Pretzels- Twists, Butter Twist, mini bite size, thin N Right, Rods

Herr's- Extra thin, Rods, Whole grain Honey Wheat

Pepperidge Farm Goldfish Pretzels

Rold Gold- Thins, sticks, rods, tiny twists

ShopRite- mini, waffle, rods

CHIPS

Utz tortilla chips- Lowfat baked, organic, multigrain, restaurant style

Bachman tortilla chips- restaurant style, MultiGrain

Doritos-Nacho cheese, Cool ranch

Tostitos- Restaurant Style, scoops, crispy rounds, multigrain, multigrain scoops, bite size

Utz Potato Chips- Regular, BBQ, Sour Cream

Baked Ruffles- Original, cheddar and sour cream

Bakes Lays- original, sour cream and onion

Kettle Brand and Kettle Brand Baked- sea salt, sea salt and vinegar

Lays- classic, BBQ, sour cream and onion

Popchips- original, BBQ, cheddar, sour cream and onion

Pringles- original, reduced fat, bbq

Pringles- snack packs

ShopRite- original, crinkle cut, kettle chips

POPCORN

Utz Popcorn- butter, cheese, white cheddar

Bachman- original, light

Smartfood- white cheddar, reduced fat, movie theater butter

Wise- original butter, white cheddar

Quaker Quakes Rice Snacks- caramel corn, ranch, sea salt & cracked black pepper, kettle corn, chocolate, sweet chili, cheddar cheese, sour cream & onion

Pirate's Booty Veggie, Aged white cheddar
Utz Cheese Balls
Cheetos- puffs, crunchy
Herr's baked cheese curls
Wise Cheez Doodles- puffed, o's and crunchy

FRUIT SNACKS

Betty Crocker Fruit roll ups
Betty Crocker Fruit by the Foot
Betty Crocker Fruit Snacks
Annie's Organic Bunny Fruit Snacks

CRACKERS

Cheese Nips
Cheez-it
Goldfish
Goldfish Grahams
ShopRite Saltines
ShopRite Cheese Crackers
ShopRite Oyster Crackers
Townhouse
Townhouse Toppers
Townhouse flipsides
Triscuts
Wheat Thins
Keebler Grahams, Scooby Doo, bites
Nabisco Grahams, Honey Maid
ShopRite Grahams
Teddy Grahams

COOKIES

Barnum's Animal Crackers
Chips Ahoy
Keebler vanilla wafers
Lorna Doone Shortbread cookies
Nabisco 100 calorie packs- chips ahoy, lorna done
Nabisco Biscos sugar wafers
Nabisco Ginger snaps
Newtons- original fig, fat free, whole grain, strawberry, raspberry
Oreo- original, double stuff
ShopRite Scrunchy Animal Crackers

Nutri Grain Cereal Bars
Special K Bars

Kelloggs Original Rice Krispies Treats

FROZEN TREATS

Dole Fruit Bars

Luigi's Italian Ice

Marino's Italian Ice

ShopRite Red, White and Blue Pops

Minute Maid Juice Bars

Breyers Pure Fruit Bars

White Rose vanilla and chocolate ice cream cups