NUT-FREE/PEANUT-FREE SNACK IDEA LIST
(Updated May 2025)

Please note: Food labels/ingredients may change over time, so it is ALWAYS important that you read the label before purchasing snacks. This list is only to serve as a resource. It is in no way complete and is subject to manufacturer recalls and mislabeling. Manufacturers may have changed their equipment or product line since you last purchased an item from this list**. If you do send in a snack that does not have the nutrition information on the packaging, please send in a copy/picture of the nutrition information to show that it is nut-free/peanut free. If you send in Wow Butter or another safe butter, please label it so we know that it is NOT peanut butter. Thanks.**

Reading Labels:
Some manufacturers clearly state if a product has peanuts/nuts in bold print while with others, it is almost hidden. **Please read the label each time you purchase foods to make sure the ingredients have not changed**. Do not purchase items with allergy and ingredient alerts such as:

> *"May Contain Peanuts or Tree Nuts"*
> *"Processed on shared equipment with Peanuts or Tree Nuts"*
> *"Contains Peanut or Tree Nut Ingredients"*

Healthy Snacks
Fresh Fruit
Fresh Veggies
Fruit Cups
Raisins (plain)
Applesauce
Cheese Sticks
Yogurt Cups and Tubes (most kinds)

Bachman
Pretzels
Popcorn
Jax

Cheez-It
Baked snack crackers

Keebler
Fudge Stripes cookies
Vienna Finger Cookies

Kellogg's
Nutri-Grain Bars
Club Crackers (plain)

Nabisco
Barnum's Animal Crackers
Belvita Cookies (**not** soft baked **nor** sandwich)
Chips Ahoy - original
Fig Newtons
Honeymaid Graham Crackers
Nilla Wafers
Oreo Cookies – original & golden
Ritz Crackers - original & whole wheat
Premium Saltines
Teddy Grahams
Triscuits
Wheat Thins
Premium Oyster Crackers

Annie's
Fruit snacks
Cheddar bunnies & squares
Bunny grahams

Welch's
Fruit snacks

Utz
Pretzels

Made Good Snacks
All products

Nature's Bakery
Fig Bar

Pepperidge Farms
Goldfish

Pirate's Brands
Pirate Booty
Smart Puffs

Quaker
Popped rice crisps

Rold Gold
pretzels

Smart Food
Popcorn (white cheddar)

Wow Butter
Safe alternative to peanut butter and sunflower butter