

Peanut, Tree Nut & Sesame-Free Healthy Snack List

Always read the label and avoid snacks that contain the following messages:

- Ingredients: peanuts/nuts, peanut/nut butter, peanut oil, peanut/nut flour, peanut/nut meal
- "Contains peanuts" "Contains tree nuts (almonds, walnuts, etc)" "Contains nuts" "Contains sesame"
- "May contain traces of peanuts/nuts/tree nuts"
- "Manufactured in a facility or on equipment that also processes peanuts/nuts/tree nuts."

All fresh fruits and vegetables

Dole, Del Monte or Wegmans fruit cups

Sun Maid Raisins (not chocolate or yogurt covered)

Craisins

Applesauce cups or pouches (Wegmans or Mott's)

Carrots and Celery sticks

Cheese sticks

Go-Gurt

Granola Bars - ONLY Enjoy Life, Don't Go Nuts, Made Good or Freedom brands

Betty Crocker, Mott's and Kellogg's fruit snacks including: Fruit Roll-ups, Fruit by the Foot. Fruit Gushers

Teddy Grahams (chocolate, honey, chocolate chip and cinnamon)

Skeeter Nut Free Snacks (cookies and graham snacks)

Rice Krispy Treats (plain only)

Nutri Grain bars (e.g., strawberry, apple, blueberry, cherry) and NutriGrain Twists bars

Pretzels: UTZ, Bachman or Rold Gold brands

Sun Chips

Nilla Wafers (Nabisco)

Goldfish (Pepperidge Farm)

Cheez-Its

Veggie Straws (Good Health brand only!)

Honey Maid or Wegmans brand graham crackers

Jell-O and pudding snacks

100 Calorie Packs (NOT peanut butter ones)

Cereal: Cheerios, Cocoa Puffs, Apple Jacks, Multigrain Cheerios, Fruit Loops or Freedom brand cereals

Kraft Handi-Snacks crackers & cheese

Popcorn: UTZ, Skinny Pop, Wise or Smart Food brands

Pirate's Booty

Triscuit Crackers or Wheat Thins

Barnum's Animal Crackers (original)

Dole Fruit Bars, Minute Maid Juice Bars & Bryers Pure Fruit Bars

Philly Swirl popsicles