

Dairy, Egg, and Nut Free Snack Suggestion List

When choosing a dairy, egg, and nut free snack for your child's class, it is important to **ALWAYS** check the label on the package to make sure it is free of these allergens. 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 and method since you last purchased an item from this sheet.

READING LABELS: Some manufacturers clearly state if a product has dairy, egg, and/or nuts in it while others, it is almost hidden. **PLEASE READ THE LABELS**, each time you purchase.

Do not purchase items with the allergy and ingredient alert such as:

- "May Contain Milk/Dairy Products"
- "May Contain Eggs"
- "May Contain Peanuts or Tree Nuts"
- "Contains Milk/Dairy Products or Ingredients"
- "Contains Egg Ingredients"
- "Contains Peanut or Tree Nut Ingredients"
- "Processed on shared equipment with Peanuts or Tree Nuts"
- "Manufactured in a plant with Peanuts or Tree Nuts"

Thank you for taking the time to read the labels and discussing the topic of "safe snacks" with your child! Your diligence is keeping our children with allergies safe at school.

Page 2: Fruit/Veggie Snacks, Crackers, Cereal Bars, Popcorn, Jello, and Cold Treats

Page 3: Cookies, Candy, and Sweet Treats

FRUIT OR VEGGIES

- Fresh Fruit (no mangos due to allergies)
- Fresh Veggies
- Raisins (plain, not yogurt or chocolate covered)
- Applesauce cups
- Mandarin orange cups
- Pear or Peaches cups
- Fruit Snacks (Betty Crocker Brand, Target, Annie's Organic, Welch's only) NOT KELLOGG
- Ocean Spray Craisins

CRACKERS

AUSTIN:

- Zoo Animal Crackers

NABISCO:

- Teddy Grahams (Cinnamon, Chocolate Chip, Honey, Chocolate)
- Barnum Animal Cracker
- Honey Maid Graham Cracker –Chocolate, Cinnamon, Honey
- Triscuits (plain)
- Wheat Thins (plain)
- Premium Saltines (original)
- Ritz Crackers (not Ritz Bits)
- Ritz Chips (original)

MEIJER BRANDS:

- Honey and Cinnamon Grahams
- Saltine Crackers

KEEBLER:

- Sugar Wafers (vanilla)
- Elf Grahams (honey)
- Wheatables (original, honey wheat)
- Club Crackers (not Bites)
- Town House Classic Crackers

ANNIE'S ORGANIC:

- Organic Bunny Grahams

CEREAL/BARS

KELLOGG:

- Apple Jacks
- Corn Flakes
- Corn Pops
- Frosted Flakes

GENERAL MILLS:

- Cinnamon Toast Crunch
- Cheerios (regular, Fruity, Apple Cinnamon, frosted only)
- Kix (plain and berry)
- Lucky Charms
- Trix
- Cocoa Puffs (not combos)
- Cookie Crisp

QUAKER OATS:

- Life Cereal

OTHER:

- Nature's Bakery Fig Bars (blueberry, fig, and raspberry)
- Belvita (blueberry, cinnamon brown sugar and oat) breakfast biscuits
- Pop tarts(cherry and blueberry)

POPCORN

- Pop Secret (Homestyle, Sweet 'N Crunchy)

JELLOS

- Jell-O Gelatin

COLD TREATS

- PhillySwirl Brand (Mix It Up Assorted Flavors, Italian Ice, Assorted Popperz)
- ICEE (Slush, Freeze)
- Minute Maid Frozen Lemonade
- Otter Pops

CHIPS

ROLD GOLD:

- Pretzels (rods, braided twists, tiny twist)

SNYDERS of HANOVER:

- Traditional style (look for 'peanut free' label)

FRITO LAY:

- LAYS Ruffles (Original)
- Tostitos
- Sun Chips (Original)
- Fritos (Scoops, Original BBQs)
- LAYS BBQ, Plain

COOKIES

- Nabisco Oreo (blue pack only)
- Enjoy Life (all flavors) **known for their allergen free cookies!
- Keebler Sugar Vanilla Wafers

CANDY/SWEETS

- Skittles
- Starburst
- Smarties
- Mike and Ike (not Cotton Candy)
- Twizzlers
- Laffy Taffy
- Life Saver Gummies
- Dum Dum sucker
- Air Heads
- Yummy Earth Organic Lollipops
- Kraft Marshmallow
- Pillsbury Frosting (vanilla) blue container

*FYI: Food is the only thing that is FDA regulated and required to put allergens on their label. Things such as potting soils do not. MIRACLE GROW potting soil contains nuts and needs to be avoided when doing planting projects in the classroom. This is not bolded on the label like a food label.