

Suggested Ideas for Peanut and Tree Nut Free Snacks*

(*This list pertains to peanuts and tree nuts. Please be aware of other allergens including milk, eggs, wheat, soy, food dyes and spices that may be present.)

St. Rita School is an allergy safe school. Snacks coming in for holidays must NOT contain any nuts or peanut/nut butters, or any warnings about being made in or on shared facilities with those ingredients, or any warning that they may contain those ingredients. Following is a list of suggested ideas for classroom snacks for holidays and/or school events. Please remember to **ALWAYS** read the manufacturing label before purchasing. Manufacturing processes change daily and items on this list may become unsafe. If the label has an allergen statement that reads similar to any of the following, it is **NOT** a safe food.

"...this item contains peanuts..."

"...this item may contain peanuts or tree nuts..."

"...this item was processed in a facility that manufactures peanuts and tree nuts..."

"...this item may contain cross contamination of an allergen such as peanuts and/or tree nuts..."

Please note that this list should only be used as a guideline. There are many other food items available that are peanut and tree nut free. Be creative! Presentation can make a simple food, such as fruit or cheese and crackers, seem like a great holiday treat.

HOME BAKED FOODS ARE NOT ALLOWED IN SCHOOL FOR BIRTHDAYS, CLASSROOM ACTIVITIES OR ANY HOLIDAY SNACK OR EVENT.

Food suggestions:

Bachman:

Jax
Popcorn
Potato Chips
Pretzels
Tortilla Chips

Frito Lay:

Cheetos
Doritos
Fritos
Lays Potato Chips
Lays Stax
Munchos
Rold Gold Pretzels
Ruffles Potato Chips
Smart Food (NOT clusters)
Sun Chips
Tostitos Chips

General Mills:

Betty Crocker
Fruit by the Foot
Fruit Gushers
Fruit Roll-ups

Kellogg:

Fruit Snacks
Fruit Streamers
Nutri-Grain Cereal Bars
Nutri-Grain Yogurt Bars
Rice Krispy Treats

Nabisco:

Chips-A-Hoy
Fig Newtons
Gingersnaps
Graham Crackers/Sticks
Kraft Cheese Nips
Nilla Wafers
Teddy Grahams
Ritz Crackers (NOT sandwich filled)
Triscuits
Wheat Thins

Jell-O:

Gelatin Snacks
Pudding Snacks

Keebler:

Club Crackers
Graham Crackers/Sticks
Scooby-Doo Crackers
Townhouse Crackers
FudgeShophe
Grasshopper
FudgeShophe Grahams
Vanilla Wafers
Vienna Fingers

Utz:

Regular Potato Chips
Popcorn
Pretzels

Sunshine:

Cheez-It Crackers
Cheez-It Party Mix
Cheez-It Right Bites

Pepperidge Farms:

Goldfish
Mini bagels