

# Suggested Ideas for Allergy Safe Snacks\*

\*This list pertains specifically 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 is a guideline. There are many food items available that are peanut and tree nut free. Foods such as fruits and vegetables, also cheese and crackers are healthy and nut allergy safe foods.

**HOME BAKED FOODS ARE NOT ALLOWED IN SCHOOL FOR BIRTHDAYS, CLASSROOM ACTIVITIES OR ANY HOLIDAY SNACK OR EVENT.**  
**CHOCOLATE, and items containing chocolate, are NOT allergy safe foods and not allowed.**

## Food suggestions:

### Bachman:

Jax  
Popcorn  
Potato Chips  
Pretzels  
Tortilla Chips

### Kellogg:

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

### Keebler:

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

### 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

### Nabisco:

Fig Newtons  
Gingersnaps  
Graham Crackers/Sticks  
Kraft Cheese Nips  
Nilla Wafers  
Teddy Grahams (not Chocolate)  
Ritz Crackers  
Triscuits  
Wheat Thins

### Utz:

Regular Potato Chips  
Popcorn  
Pretzels

### Sunshine:

Cheez-It Crackers  
Cheez-It Party Mix

### Pepperidge Farms:

Goldfish  
Mini bagels

### General Mills:

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

### Jell-O:

Gelatin Snacks  
Pudding Snacks (not chocolate)