



SUGGESTED SAFE SNACK LIST 2014-2015

What are you looking for when checking labels? One way to save yourself lengthy reading is to first look at the bottom of the ingredient label of the snack or treat in question. Avoid foods that list **tree nuts, peanuts, sesame products** and **coconut ingredients**. **This includes trace elements, seeds and oils from these ingredients.** You can quickly rule out foods when you read the allergen statement or warning that contains statements, such as 'This product is made on equipment that also makes products containing **tree nuts, peanuts, sesame products** and **coconut products**' or 'May contain traces **of tree nuts, peanuts, sesame products and coconut**' listed on the ingredient labels, as well. Listed below is a suggested list of safe snacks. **Ingredients can change at any time; it is important to read the ingredient label to ensure safety and avoid an allergic reaction.**

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
FudgeShopper
Grasshopper
FudgeShopper 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