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

**Keebler:**
- Club Crackers
- Graham Crackers/Sticks
- Scooby-Doo Crackers
- Townhouse Crackers
- FudgeShoppe
- Grasshopper
- FudgeShoppe Grahams
- Vanilla Wafers
- Vienna Fingers

**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

**Peppleridge Farms:**
- Goldfish
- Mini bagels

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