

# Nut-Free School Safe Food Suggestions

## Fruits and vegetables

\*please NO mango!\*

- Fresh fruits & veggies
- Canned or dried fruits (please check label)
- Fruit roll-ups (100% fruit)
- Fruit Snacks (please check labels, Annie's and Betty Crocker brands are generally safe)
- Applesauce
- Raisins (not yogurt or chocolate-covered)
- Avocado
- Lettuce/salad (check label on dressings)

## Dairy

\*please check labels\*

- Most cow's milk
- Most yogurts (Stoneyfield Farms, Chobani, Fage, Dannon brands are generally safe)
- Most cheese sticks (Horizon Organics and Organic Valley brands are generally safe)
- Most cream cheese and cottage cheese

Note: most ice cream/ frozen yogurt products are NOT safe as they contain/are processed with nuts

## Meat

- Most "pure" meats should be safe, but please check labels to be sure.
- For processed meats (hot dogs, Bologna and lunch meats), please always check the labels for unsafe ingredients used in processing/ preserving the items.

\*The deli meat, "mortadella" is NOT safe as it contains pistachios.

## Snacks

\*\*PLEASE check ALL labels, manufacturing procedures can change at any time and a previously safe item may become unsafe!

- Crackers (Wheat Thins, Triscuits, Cheez-Its, Premium saltines)
- Pepperidge Farms Goldfish (all flavored except the "sweet" ones [e.g. graham/cookie/chocolate, which are processed with nuts])
- Nabisco 100 calorie Packs (most flavors, check labels)
- Popcorn (many flavors of Smartfood, Utz, and Wise popcorn and Jolly Time kernels)
- Lundberg "thin stackers" rice cakes
- Pretzels (Rolled Gold and Annie's pretzel bunnies are generally safe; NOT Snyder's brand)
- Potato Chips (Kettle and Deep River brands, most Lay's, Pringles, Ruffles - check labels)
- Tortilla chips (Late July brand chips, and some flavors of Doritos, Tostitos, Santitas, Sun chips, Wise, Sun Valley - check labels)
- Good Nurtured Selects brand chips
- Popchips
- All snack bars by Enjoy Life brand
- Nutri grain cereal bars (check labels)
- Cheerios (plain)
- Rice Chex (check label)
- Other rice or corn based cereals- please check label carefully!
- All cereals by Freedom Foods brand
- Pirate's Booty, Cheetos, Smart Puffs (please check labels carefully, many flavors are ok)

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## **Cookies/Treats**

\*please check labels\*

- All flavors of Enjoy Life brand cookies
- Barnum's animal crackers- original
- Chips Ahoy (most flavors, check labels)
- Vanilla wafers
- Honey Maid Graham crackers
- Fig newtons
- Rice Krispy treats (plain)
- Teddy Grahams
- Jello and jello pudding cups
- Annie's bunny Grahams
- Most fruit Popsicles

## **Peanut Butter Alternatives**

- Wowbutter
- Sunbutter Sunflower seed spread

## **Bread**

Please check ALL bread labels VERY carefully, many breads are not safe! Please do not bring in any breads with nuts OR sesame seeds)

- Most sourdough
- Plain breads
- Tortillas
- Bagels

**Please check the labels of all packaged foods!**

**Unsure about a food? Ask your teacher!**