

## NUT-FREE SNACK IDEAS

**IT IS CRITICAL TO READ THE INGREDIENT LISTING EVERY TIME YOU PURCHASE A PRODUCT SINCE INGREDIENTS CAN CHANGE WITHOUT NOTICE. ALWAYS MAKE SURE THERE IS NO WARNING AT THE BOTTOM OF THE INGREDIENT LIST (“MAY CONTAIN TRACES OF PEANUTS/NUTS.”)**

- Fresh Fruit, for example clementines, (fruit cannot be cut at home due to the fact the knife used could have been used with nuts)
- Fresh Carrots and other veggies and a nut-free salad dressing, again fresh vegetables cannot be cut at home due the knife being used could have come in contact with nuts
- Low Fat Cheese
- Hunts Snack Pack Fat Free Tapioca Pudding
- Hunts Snack Pack Chocolate Pudding
- Betty Crocker Fruit Roll-Ups
- Kellogg’s Nutri-grain cereal bars: Cherry, Mixed Berry and Apple cinnamon
- Kellogg’s Pop Tarts: Strawberry, brown sugar and cinnamon
- Nabisco Barnum Animal Choco Crackers
- Nabisco Cheese Nips Thin Crisps
- Nabisco Reduced Fat Cheddar Cheese Nips
- Nabisco Reduced Fat and Original Wheat Thins
- Nabisco Ritz Crackers and Whole Wheat Ritz Crackers
- Nabisco Original Triscuit
- Nabisco Fig Newtons
- Sunshine Cheez-Its
- Nabisco Honey Made Graham Crackers: Honey, Cinnamon, Chocolate and Original
- Kraft Handi-Snacks Crackers N Cheez, Pretzels and Cheese, And Grahams’N Apple Dip
- Pepperidge Farm Goldfish: Cheddar, Original Parmesan, Colors and Made with Whole Grain
- Utz Extra Thin Pretzels
- ~~Luigi’s Real Italian Ice (no longer tree nut free, not acceptable)~~
- Edy’s Fruit Bars
- Marino’s Italian Ices