

Peanut Free Snack Ideas

All Coolidge classrooms are peanut free.

Avoid snacks that contain peanuts, peanut flour, peanut oil, or peanut butter or other nuts. This includes almonds, coconuts, filberts, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, and walnuts.

Read labels carefully to make sure the products are nut, peanut, egg, & milk free. This includes labels that read:

"May contain traces of peanuts/nuts"

or

"Processed in a facility that processes products that contain peanuts/nuts."

Checking the ingredients label is fairly simple because the statement above is commonly listed right under the list of ingredients.

Food labels and ingredients change over time, so always read the label each time before purchasing snacks.

Fruits/Vegetables

- Any fresh fruit
- applesauce cups
- raisins, craisins, & other dried fruits
- fruit cups (Not Del Monte)
- fresh vegetables

Cheese/Dairy

- yogurt in individual cups or tubes
- string cheese or other cheeses
- drinkable yogurt or smoothies
- cottage cheese

Crackers

- Triscuits, Wheat Thins, Vegetable Thins
- Ritz crackers/dinosaurs/sticks (Not Ritz Bits or sandwiches)
- Town House, Club, Toasteds
- Cheeze-Its, Cheese Nips, Better Cheddars
- Saltines, Oyster crackers
- Wheatables, Air Crisps, Munch'ems
- Keebler Snack Stix
- Brenton brand crackers
- Goldfish crackers
- Graham crackers, Graham cracker sticks
- Teddy Grahams
- Animal Crackers (Austin, Barnum)

Cereals

- Cheerios (NOT Honey Nut or Frosted)
- Chex (Rice, Corn, Wheat)
- Cinnamon Toast Crunch
- Corn Flakes
- Crispix
- Frosted Mini-Wheats
- Kashi (Go Lean Crunch, Good Friends, Cinnamon Raisin, Heart to Heart) cereals
- Kix
- Life (NOT Vanilla Yogurt Crunch)
- Wheaties

Other Snack Items

- Small bagels (Lenders or Thomas Brand) with cream cheese (no nut type)
- Popcorn
- Nutrigrain cereal bars/yogurt bars
- Special K Bars (NOT Honey Nut)
- Special K Snack Bits
- Fig Newtons (all flavors)
- Rice Cakes (Not Quaker Brand, it is not nut free)
- Cheez-It Party Mix/ Munchie Party Mixes
- Sun Chips