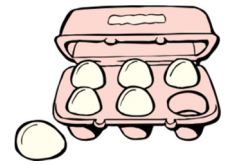


FROM THE SCHOOL NURSE'S OFFICE
Healthy Snack Options That Can Accommodate Food Allergies



If you or someone you know has a food allergy, you may be aware that they can be a severe problem, particularly when it comes to peanuts and tree nuts. It is always disappointing to students when they cannot have snack with their classmates due to their allergy to a food that is in a snack brought by a student. We want every student to be included in these events and be safe, so we are providing you with a list of allergen-free and *healthy* snack options that your child can bring to school for the class.

This list, however, is not extensive, and if you visit <http://snacksafely.com/snacklist.pdf>, there is an extensive list of options. This list is updated regularly, and the link will always give you the most recent version of the document. These snack options include foods that are **peanut-free, tree nut-free, and egg-free**.

Pretzels

- *Rold Gold (Thins, Sticks, Rods, Tiny Twists, Tiny Twists Cheddar, Honey Wheat)
- *Newman's Own (Salted Sticks, Salted Pretzel Rounds, Spelt Pretzels)
- Pepperidge Farms Goldfish Pretzels



Popcorn

- Bachman (Original, Light)
- Utz Popcorn (Butter, Cheese, White Cheddar)
- Kurly Korn (Premium Cinema Popcorn)
- Wise (Original Butter, White Cheddar)



Rice Snacks

- *Quaker Quakes Rice Snacks (Carmel Corn – these are tasty!, Ranch, Chocolate, Cheddar Cheese)

Vegetable Chips

- Pirate's Booty Veggie
- *Good Health Natural Foods (Veggie Chips, Pizza Veggie Stix)
- *Terra Exotic Vegetable Chips (Original, Terra Blues, Exotic Harvest Sea Salt)

Peanut Butter Alternatives

- *I.M. Healthy SoyNut Butter (Chocolate, Honey Creamy, Original Creamy)
- Wowbutter
- *SunButter (Creamy, Natural)

Graham Crackers

- Nabisco Grahams (Original)
- *Nabisco Honeymaid (Honey, Cinnamon, Chocolate)
- *Goldfish Grahams (Vanilla, Chocolate)
- *Keebler Grahams (and Keebler Grahams Bites or *Scooby-Doo)
- *Teddy Grahams (Cinnamon, Honey, Chocolate)

Crackers

- *Goldfish (Cheddar, Pizza)
- *Cheese Nips (Cheddar, Spongebob)
- *Keebler
- *Nabisco
- *Pepperidge Farm
- *Ritz (Original, Whole Wheat)
- *Townhouse (Original, Wheat)
- *Triscuit (Original, Garden Herb)



Granola/Trail Mixes/Seeds

- *Enjoy Life (Very Berry Crunch)
- *Gerbs Pumpkin Seeds

- *Nonuttin' (Granola and Trail Mix) – (Berry Delight, Vanilla Cinnamon)

*students allergic to various fruits may have to avoid the berry mixes

Halloween Treats

- Andes Mints (all varieties)
- Hershey's Kisses (Milk or Special Dark)
- Dots
- Dum Dum Pops
- Frooties
- Good & Plenty
- Lifesavers (Hard Candies, Gummies, and Gummies Collisions)
- Mike and Ike
- Milk Duds
- Jolly Rancher (Hard Candy and Doubles)
- Red Vines
- Rolo
- Skittles (all varieties)
- Smarties
- Sour Patch Kids
- Starburst (Fruit Chews, GummiBursts, and JellyBeans)
- Swedish Fish
- Tootsie Pops
- Tootsie Rolls
- Twizzlers
- Whoppers (original ONLY)



In addition, cheese sticks, meat sticks, fresh fruit, and fresh vegetables are always healthy options.

****THESE BRANDS HAVE MULTIPLE VARIETIES AND FLAVORS THAT ARE ACCEPTABLE - ALL OF WHICH ARE LISTED IN THE PROVIDED LINK** – however, a few have been provided on this sheet.

THINGS TO AVOID: ALMONDS (butter, paste/marzipan, flavoring, extract), BRAZIL, CASHEW (butter, flavoring, extract), CHESTNUTS, HAZELNUTS (or filberts, no hazelnut flavoring), HICKORY, MACADEMIA, QUEENSLAND, PECANS, PINE NUTS (and pinon, pignoli), PISTACHIOS, WALNUTS, GIANDJUA (chopped nuts mixed with chocolate), NU-NUTS ARTIFICIAL NUTS, NUT MEAL, MASHUGA NUTS (pecans) NOUGAT, NUT PASTE, NUTELLA