

NUT FREE SNACK SUGGESTIONS

Rice Krispie Treats (plain)
Krispy Kreme Doughnuts (plain glazed)
Honey Maid Graham Crackers
Rold Gold Pretzels
Ritz Crackers
Pepperidge Farm Goldfish
Nabisco Teddy Grahams
Plain Cheerios
Sunmaid Raisins (NOT yogurt covered)
Hershey Plain Chocolate Kisses
Hershey Chocolate Chips (other brands are NOT okay)
Plain Hershey Chocolate Bars (Regular size only – NOT miniatures)
Skittles
Starburst
Jolly Ranchers
Tootsie Rolls
Oreos
Chips Ahoy
Nabisco Nilla Wafers
Cheez Its
Kellogg's Pop Tarts
Kellogg's Nutri-Grain Bars
Austin Animal Crackers
Campfire Marshmallows

- Please read all labels carefully and be brand specific! Some brands of one item are okay, while others are not. For example, Rold Gold Pretzels are fine, but Schneiders are NOT because they are made in a facility that also manufactures peanut butter.
- Be VERY careful of candy...plain M&M's are not okay because they are packaged in the same facility as their peanut M&M's. MOST candy WILL have nut warnings.
- Be careful buying store/generic brand and always just double check labels!
- All Little Debbie cakes and Lance Crackers and cookies are NOT safe.
- www.foodallergy.org