

Approved Healthy Peanut/Nut-Free Snacks and Drinks

Updated August 2016

FRUITS

- All Fresh Fruit
- Dole Fruit Bowls
- Del Monte Fruit To-Go Cups
- Sun-Maid Raisins (not chocolate covered)
- Applesauce Cups
- Motts Fruit Blasters Applesauce Tubes

VEGETABLES

- All Fresh Vegetables, Including:
 - Carrots with Dip
 - Celery Sticks with Cream Cheese or Dip

GUMMY SNACKS

- Betty Crocker or Nabisco (No Brachs)
- Fruit Roll-Ups
- Fruit by the Foot
- Gushers
- Shark Bites
- Fun Fruits
- Hi-C Fruit Snacks

COOKIES

- Nilla Wafers
- Bisco Wafers
- Teddy Grahams
- Pepperidge Farm:
 - Milano, Shortbread, and Sugar Cookies
- Keebler:
 - Butter Cookies, Grasshopper Cookies
- Nabisco:
 - Barnum Animal Crackers, Oatmeal and Iced Oatmeal Cookies
- Cameo Cookies, Fig Newtons, Kool Strawberry Seas Bars
- Nutri-Grain Apple Cinnamon/Brown Sugar Twists

SALTY SNACKS

- Rold Gold Pretzels
- Snyder's of Hanover Pretzels
- Popcorn (Pop Secret, Orville Redenbacher, Healthy Choice)

CRACKERS

- Honey Maid Cinnamon Grahams and Sticks, Honey Grahams and Sticks
- Ritz Crackers (plain only)
- Keebler Club Crackers (original only, not sandwiches)

- Nabisco Saltines
- Sunshine Cheez-Its
- Triscuit
- Wheat Thins
- Pepperidge Farm Goldfish (only plain, pretzel, or cheddar, not cinnamon)
- Sargento Mootown Crackers and Cheese Dip
- Keebler Townhouse Crackers
- Sportz Cheddar Crackers
- Kraft Handi-Snacks Cinnamon Graham Crackers with Applesauce Dip
- Kraft Handi-Snacks with Cheese Dip

JELLOS AND PUDDINGS

- Hershey Chocolate Pudding Tubes
- Kraft Handi-Snacks Wacky Gels, Vanilla and Chocolate Pudding
- Hunts Juicy Gels, Vanilla and Chocolate Pudding
- Jell-O Gelatin Cups, X-treme Jell-O Tubes, Vanilla, Chocolate, and Oreo Pudding
- Dole Fruit-n-Gel Bowls
- Del Monte Fruit and Gel To-Go Bowls

FROZEN TREATS

- Minute Maid Juice Bars, Fruit and Cream Swirls, Frozen Lemonade
- Tropicana Fruit Juice Bars
- Welch's Fruit Juice Popsicles

MISC.

- Cheese
- Yogurt (not soy brands)
- T. Mazetti's Carmel Apple Dip
- Pizza (Papa Johns, Dominoes, Flippers, Pizza Hut)

DRINKS

- Water or Seltzer Water without Added Caloric Sweeteners
- Diet Decaffeinated Soft Drinks
- Decaffeinated Iced Teas
- Fruit and Vegetable Juices
- Fruit-Based Drinks that Contain at Least 50% Fruit Juice
- Unflavored or Flavored Low-Fat/Fat-Free Milk

IMPORTANT: Due to continual changes in manufacturer packaging and processing, please read the ingredient label of your snack chosen to ensure that it doesn't contain any of the following: peanuts, nuts, peanut butter, nut butter, peanut oil, nut oil, peanut flour, nut flour, peanut meal, nut meal, or statements like "May contain traces of peanuts/nuts" or "Manufactured in a facility that also processes peanuts and/or nuts".