

St. Joseph School

Safe Snacks for Children with Nut Allergies

Fruit Snacks:

Fruit Roll-ups
Fruit By the Foot
Fruit Snacks (in the packets)
Gushers

Vegetables:

Any cut vegetable

Crackers:

Triskets- original flavor only
Nabisco premium Saltines
Teddy Grahams (honey, chocolate, or cinnamon)
Ritz- Dinosaur crackers
Pepperidge Farm Goldfish
Animal crackers
Nabisco Graham crackers- cinnamon or honey and cinnamon sticks
Nabisco Soup and Oyster Crackers

Pretzels:

Jays Mini-Pretzels
Rold Gold Classic Style Braided Twists
Rold Gold Honey Wheat Braided Twists

Bread Spreads:

Honey
Grape Jelly
Sunbutter (sunflower seed butter- Trader Joe's or Whole Foods)
Tribe Hummus (Jewel or Dominick's)

Bagels and Breads:

Thomas' Mini Bagels- plain or strawberry
Breadsmith Bread- honey white, sourdough or wheat varieties

Cereal:

Trix
Cheerios- NOT Honey Nut
Kix
Rice or Corn Chex
Post Honeycomb- plain or strawberry

Miscellaneous:

Mott's Healthy Harvest Applesauce
Mott's Organics Unsweetened Applesauce

Other Crunchy Snacks:

Quaker Lightly Salted Rice Cakes

Quaker Carmel Corn Rice Cakes

Quaker Multigrain Minis- Honey Graham or Cinnamon Sugar Flavor

Quaker Quakes Apple Cinnamon Rice Snacks

Other:

Popsicle Brand orange/cherry/grape

Oreo- original only

Biscos Sugar Wafers

Pringles- original

Fritos Corn Chips

Pillsbury Creamy Supreme Classic White Canned Frosting can be spread on graham crackers for a decadent treat

GoGurt Portable Yogurt- Yoplait

Drinks:

Apple Juice

Grape Juice

Water



Please select age appropriate snacks.

Always check labels!

Look for the peanut free logo.

This list does not address milk, egg, fish, shellfish, soy, and wheat food allergies. **If there is a snack on this list that is not safe for your child please contact your child's teacher.**

Birthday/Holiday Celebration Ideas:

A present for the classroom - a new puzzle, game, books, toys for outside play, more crayons, markers, or special paper

New pencils/crayons/erasers or markers for each child in the class

Small containers of bubbles (WalMart has a pack of 24)

Peanut Free chocolate bars - Hersseys or gummies (make sure they are labeled peanut free)

Sidewalk chalk to be used by the whole class

Balloons -non latex