

Permitted Snack List

Thank you for using this list to help protect the safety and health of students with life threatening peanut and tree nut allergies. Manufacturing practices often change without notice.

Please read the labels when purchasing snacks. Avoid snacks that may contain peanuts, peanut flour, peanut oil, and tree nuts including almonds, cashews, pistachios, filberts, Brazil nuts, macadamia nuts, hazelnuts, pecans, pine nuts, and walnuts.

Please refer to our website for an extended list including specific brands. If your child's favorite snack does not contain peanuts or tree nuts and has not been included, please notify Ms. Ward so that she can add it to the list.

Fruit	Poptarts
Fruit cups	Popcorn
Fruit sauces	Little Bites muffins
Fruit leather/gummies	Rold Gold Pretzels
Vegetables	Graham Crackers
Cheese	Teddy Grahams
Yogurt	Sun Butter
Some Hostess cakes	Soy Butter
Baked goods from home	Ranch dressing
Beef Jerky	Frito Lay and Lays Products
Nutrigrain bars	Pita Chips
Oreos	Cheezits
Snackwells	Goldfish

Safe Candy for Students with Peanut, Tree Nut, Milk, Egg and Wheat Allergies:

Skittles, Starbursts, Dum Dum pops, Sweedish Fish, Sour Patch