

NUT-FREE SNACKS



Snack ideas for classroom parties

(These items are BOTH nut-free and produced in a nut-free environment.)

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

Gummy Snacks

Only Betty Crocker or Nabisco Fruit Snacks
(not Brach's):

- Fruit Roll-Ups
- Fruit By The Foot
- Gushers
- Shark Bites
- Fun Fruits
- Scooby Doo Fruit Snacks
- Trix Fruit Snacks
- Hi-C Fruit Snacks
- Pokemon Fruit Snacks

Jellos & Puddings

Hershey's Chocolate Pudding Tubes
Kraft Handi-Snacks – Wacky Gels, Vanilla &
Chocolate Pudding
Hunts – Juicy Gels, Vanilla & Chocolate Pudding
Jello – Gelatin Cups, X-treme Jello Tubes,
Vanilla, Chocolate & Oreo Pudding
Dole Fruit-n-Gel Bowls
Del Monte Fruit & Gel-To-Go Bowls

Cookies

Nilla Wafers
Oreos, Mini Oreos & Double Stuffed (original only)
Chips-A-Hoy (not minis)
Bisco Wafers
Teddy Grahams
Pepperidge Farm – Milano, Chessmen,
Shortbread and Sugar Cookies
Keebler – Butter Cookies, Grasshopper Cookies
Kellogg's Pop Tarts
Nabisco – Barnum Animal Crackers (not iced),
Oatmeal & Iced Oatmeal Cookies,
Cameo Cookies, Fig Newtons,
Kool Stuff Strawberry Seas Bars
Hostess Ho-Ho's, Cupcakes & Twinkies
Rice Krispie Treats (plain only)
Nutri-Grain Apple Cinnamon/Brown Sugar Twists

Frozen Treats

Minute Maid – Juice Bars, Fruit & Cream Swirls,
Frozen Lemonade
Good Humor – Fudgesicles, Popsicles, Fire
Crackers, MicroPops, and Scribblers
Hood Ice Cream Cups (Van/Choc)
Hood ½ gallon ice cream (Van/Choc/Straw)
Edy's Ice Cream (Van/Choc/Straw)
Breyer's Ice Cream (Van/Choc/Straw)
Nestle –Icecreamers, Flintstones Rainbow
Sherbet Treats & Juicy Juice Frozen Pops
Lick-A-Colors
Tropicana Fruit Juice Bars
Welch's Fruit Juice Popsicles
ICEE Frozen Treats

If you learn that a product on this list is no longer produced in a nut-free environment, please let us know immediately so we can remove it. Alternatively, if you know of a snack that is produced in a nut-free environment but that is not on this list, please let us know so we can add it. Thank you for caring.

Contact: development@canterburynurseryschool.org

NUT-FREE SNACKS

Crackers, Breads & Cereals

Bagels – Lenders, Thomas'
Honey Maid – Cinnamon Grahams & Sticks,
Honey Grahams & Sticks
Ritz Crackers (plain only, not sandwiches)
Keebler Club Crackers (original only, not
sandwiches)
Kellogg's Cereal – Corn Pops, Fruit Loops,
Apple Jacks
Nabisco Saltines
Nutri-Grain Cereal Bars
Sunshine Cheez-Its
Triscuit
Wheat Thins – plain only
Pepperidge Farm Cheddar Goldfish (only plain,
pretzel or cheddar. Not Cinnamon Grahams
and not sandwich style)
Sargento – Mootown Crackers & Cheese Dip
Keebler Town House Crackers
Sportz Cheddar Crackers
Kraft Handi-Snacks Cinnamon Graham Crackers
with Applesauce Dip
Kraft Handi-Snacks Crackers with Cheese Dip

Salty Snacks

Pretzels - Rold Gold, Snyders and many others
Ruffles Potato Chips
Lays Potato Chips (plain only)
Fritos
Doritos (not crackers)
Cheetos
Tostitos
Pringles (original only)
Popcorn – Pop Secret, Orville Redenbacher,
Healthy Choice

Miscellaneous

Cheese
Cream Cheese
Yogurt – Gogurt, Danimals, and many others (but
not soy brands or stir-ins)
Hershey's Syrup
Cool Whip (any flavor)
Squeezable jelly
Spray whipped cream (almost every brand)
T. Mazettis Carmel Apple Dip (with apples)
Pizza – Papa Johns, Dominoes, Pizza Hut
Candy – Starburst, Skittles, Twizzlers, Hershey's
Milk Chocolate Bars (not with almonds) and
Hershey Kisses (not with almonds & not
Hugs), Milk Duds, DOTS, Sour Patch Kids,
Dum-Dums, Smarties, Tootsie Rolls and
Tootsie Roll Pops
Jet Puffed Marshmallows
Bubble gum

*Ukrop's Bakery products (both pre-packaged and
store-made) are not made in a nut-free environment.

While these snacks are all yummy and
appropriate for the occasional classroom
party, many of them are not nutritious
enough to be brought in for the regular,
daily snack. Please refer to the school's
guidelines on choosing nutritional foods for
the daily snacks. Thanks!

It is critical to read the ingredient list every time you purchase a product since ingredients can change without notice. Avoid products that contain the statements, "May contain traces of peanuts or other nuts" or "Manufactured in a facility that also processes peanut or other nuts".

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