Nut Allergy Snack Guide

**Safe Snacks**  Not Safe

Rold Gold Pretzels Snyder’s Pretzels

Better Made Pretzels Yogurt covered raisins

Goldfish Granola bars

Cheez-Its Keebler Animal Crackers

Wheat Thins and Triscuits Stouffer Animal Crackers

Nutrigrain Bars All M&M’s

Teddy Grahams Reese’s Peanut Butter Cups

Fig Newtons Ritz Peanut Butter Sandwich Crackers

Barnum’s Animal Crackers Ritz Cheese Sandwich Crackers

Yogos Peanut, almond, and/or cashew butter

Fruit Snacks Ritz Cheese Sandwich Crackers

Nabisco Original Oreos Most Trader Joe’s brand foods

Cheeto’s, Frito’s, Dorito’s Cider Mill Donuts

Pringles Dunkin’ Donuts

Sun Chips Kroger/Hiller’s Bakery Products

Pop Tarts

Applesauce

Pudding

Trader Joe’s Sunflower Butter

Sunbutter

Fresh Fruit

Fresh Vegetables

Cheese

Yogurt

Kroger, Meijer, and Sunmaid Raisins

Cheerios

Bake Station Treats

This is not a complete list, so if there is an item not included that your child likes to eat, please read the entire label carefully.