



Peanut and Tree Nut-free Snacks

Snacks and treats brought to ANCS may **not** contain peanuts or tree nuts (almonds, cashews, pecans, walnuts, pistachios, hazelnuts, etc.). This list can be a helpful resource when choosing snacks and treats that are peanut and tree nut-free. **This list contains suggestions and does not include all options.** You might find safe snacks that aren't included on this list. **Always check the nutrition label for up-to-date allergy information and ingredients.**

Produce

- Fresh fruits (apples, oranges, bananas, grapes, watermelon, strawberries, etc.)
- Fresh vegetables (carrots, celery, broccoli florets, cherry tomatoes, cauliflower, cucumbers, etc.)
- Applesauce cups or pouches
- Fruit cups
- Raisins, plain
- Dried fruits

Chips, Crackers, and Popcorn

- Potato chips
- Popcorn, plain and cheddar
- Snyder's and Rold Gold pretzels
- Crackers (Wheat Thins, Saltines, plain Triscuits, Club Crackers)
- Goldfish, Annie's Cheddar Bunnies, Cheeze-Its
- SunChips
- Tortilla chips
- Pita chips
- Pirate's Booty

Spreads and Dips

- SunButter Sunflower Butter
- WOWBUTTER
- Soy butters
- Plain hummus
- Guacamole
- Salsa
- Cream cheese

Dairy

- Cheese (sticks, cubes, sliced, Babybel, etc)
- Yogurt tubes or pouches
- Yogurt cups (no granola or cookie topping)
- Pudding cups

Sweet Snacks

- Nilla Wafers
- Fruit Roll-Ups or fruit strips
- Fruit gummies
- Kraft marshmallows
- Rice Krispy Treats (pre-packaged)
- Fig Newtons
- Jell-O cups
- Graham crackers, Teddy Grahams
- Animal crackers
- Nutri Grain Cereal Bars (apple, strawberry, blueberry, cherry)
- Lorna Doone Cookies
- Enjoy Life brand

Celebration and Event Treats (Birthdays, Holidays, Etc.)*

- Fruit popsicles and Fudgsicle
- Rice Krispy Treats (prepackaged)
- Hershey's plain chocolate bars, Hershey's Kisses (original)
- Jell-O cups
- Pudding cups
- Fresh fruit (sliced, cubed, skewered, etc.)
- Hostess Cakes (CupCakes, Ho-Hos, Twinkies, etc.)
- Dove Promises (milk chocolate and dark chocolate only)

* Due to cross-contamination concerns, homemade baked goods are not permitted at ANCS.

While grocery bakeries such as Publix and Kroger use shared equipment, many of their pre-packaged bakery goods are made off-site. Please read labels and/or ask the store manager for details before purchasing these items for celebrations.

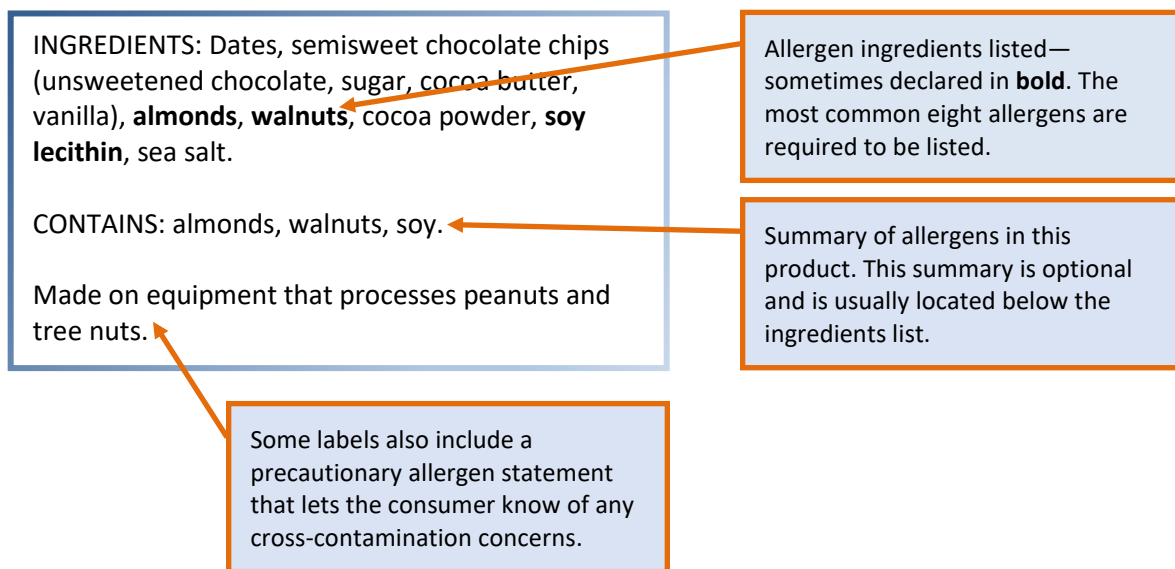
How to Read Ingredients Labels and Allergen Statements

For the most up-to-date ingredient and allergen information, please check the nutrition and ingredients labels on packaged food. Federal law requires that manufacturers list the eight most common allergens (peanut, tree nuts, egg, milk, soy, wheat, fish, and shellfish) in ingredients labels. In addition, allergy information might be listed in bold underneath the ingredients in an allergen statement.

AVOID the following snacks and treats:

- Any foods that contain peanut or tree nuts (almonds, cashews, pecans, walnuts, pistachios, hazelnuts, etc.). Peanut and tree nuts are required to be listed in the ingredients.
- Foods that state as a precaution, “May contain peanut or tree nuts,” or “Made on equipment with peanut or tree nuts.”
- Foods that do not have an ingredients label.

Example Label:



Please be aware of any additional food allergies in your child’s classroom. Some classrooms or advisories might have additional restrictions regarding which snacks and treats are safe for all students. Your students’ teachers and the school nurse should know of any other allergy concerns.

If you have any questions, please contact the school nurse, your classroom teachers or advisors, or the ANCS PTCA Health & Wellness Committee. We are happy to help!