

September 2017

Safe Snack Suggestions for the Classroom

Commonly Available Snacks Free of Peanuts, Tree Nuts and Eggs

At the ECLC we want to provide an environment that is safe for all students. We have multiple students with a variety of food allergies, and although we do not exclude any foods from our buildings, we hope that when sending in food items, you will consider sending items that all of our students can enjoy.

Snacks listed have been selected because:

They do not contain **peanuts, tree nuts and eggs** as ingredients, and their packaging list no warnings that these allergens may have been introduced during manufacturing.

Because there is always the possibility of changes in the manufacturing process of any item, you should always check the label of any food item.

PRETZELS

Bachman – Twist, Butter Twist, Mini Bite Size, Thin N Right, Pretzel Rods, Kidzels, Pretzel Stix, Nutzels (bite-size), Hard Sourdough, Pita Pretzel Squares,
Herr's – Extra Thin, Rods, Whole Grain Pretzel Sticks Honey Wheat
Rold Gold – Thins, Sticks, Rods, Tiny Twists, Lightly Salted Tiny Twists, Tiny Twists Cheddar, Tiny Twists Honey Mustard, Sourdough, Honey Wheat, Cheesy Garlic
ShopRite – Mini, Mini Fat Free, Mini No Surface Salt, Gem, Amish Pretzel Sticks, Amish Pretzels Fat Free, Amish Pretzels No Surface Salt, Waffle, Rods, Stick Pretzels Fat Free
Utz Special Pretzels

POPCORN

Bachman – Original, Light
Herr's – Light, Original, Cheese
Utz Popcorn – Butter, Cheese, White Cheddar
Wise – Original Butter, White Cheddar

CHEESE SNACKS

Cheetos – Puffs, Puffs Honey BBQ, Crunchy, Baked
Pirate's Booty – Aged White Cheddar, Sour Cream & Onion, New York Pizza
Utz Cheese Curls, Cheese Balls
Wise Cheez Doodles – Puffed, Puffed O's, Crunchy

POTATO CHIPS

Baked Ruffles – Original, Cheddar & Sour Cream
Baked Lay's – Original, Sour Cream & Onion
Herr's – Crisp 'n Tasty, Ripples, Sour Cream & Onion, Barbecue
Munchos
Pringles – Original, Reduced Fat, BBQ
Pringles Snack Packs – Original, 100 Calorie Snack Packs Original
ShopRite – Original, Krinkle Cut, No Salt Added, Salt & Vinegar, Barbecue

GRAHAM CRACKERS

Nabisco Grahams – Original
Nabisco Honey Maid – Honey, Low Fat Honey, Cinnamon, Low Fat Cinnamon, Chocolate
ShopRite – Sugar Honey Grahams, Sugar Honey Grahams Low Fat, Chocolate Grahams,
Teddy Grahams – Cinnamon, Honey, Chocolate

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FRUIT SNACKS

Betty Crocker Fruit Roll-Ups
Betty Crocker Fruit By The Foot
Betty Crocker Fruit Flavored Snacks

ICE POPS and ICES

Dole Fruit Bars
Luigi's Real Italian Ice
Marino's Italian Ice
Minute Maid Juice Bars

CRACKERS

Cheese Nips – Cheddar, Reduced Fat Cheddar, SpongeBob Square Pants
Cheez-It – Original, Reduced Fat, Big, White Cheddar, Reduced Fat White Cheddar
Goldfish – Saltine, Cheddar, Whole Grain, Pizza, Parmesan, Baby Cheddar, Colors, Mix-Up, Pretzel
Goldfish Flavor Blasted – Xtra Cheddar, Slammin' Sour Cream & Onion, XPlosive Pizza
Goldfish Mix-Up Adventures – Xtra Cheesy Pizza, Pretzel & Flavor Blasted Xtra Cheddar
Goldfish 100 Calorie Pouches – Cheddar, Pretzel
Triscuit – Original, Reduced Fat, Hint of Salt, Garden Herb, Cracked Pepper & Olive Oil, Roasted Garlic
Triscuit Minis – Original
Triscuit Thin Crisps – Original, Parmesan Garlic, Four Cheeses, Chile Pepper
Wheat Thins

COOKIES

Oreos – Original, Reduced Fat, Double Stuf
Chips Ahoy – Chocolate Chip, Reduced Fat, Candy Blasts, Chunky, Chewy, Mini
Newtons – Original Fig, Fat Free, Whole Grain, Strawberry, Raspberry
Newtons Fruit Crisps – Apple Cinnamon
ShopRite Scrunchy Animal Crackers
Barnum's Animal Crackers – Original
Keebler Vanilla Wafers – Original, Mini
Nabisco Ginger Snaps
Snackwells Sandwich Crème Cookies
Nabisco 100 Calorie Packs – Oreo Thin Crisps, Chips Ahoy Thin Crisps, Lorna Doone Shortbread Cookie Crisps

Of course, we appreciate any items that you send in. This list is meant to provide you with just some of the items that are easily available at our local supermarkets.

Thank you for helping keep all of our students safe.

For more information, or to view the most up-to-date list of available products, please visit:

<http://snacksafely.com/safe-snack-guide>

DISCLAIMER: ALL INFORMATION REGARDING INGREDIENTS AND MANUFACTURING PROCEDURES WERE COMPILED FROM CLAIMS MADE BY THE PRODUCTS' MANUFACTURERS ON THEIR LABELS OR THROUGH OTHER MEANS AND MAY ALREADY BE OUT OF DATE. ALTHOUGH EVERY EFFORT HAS BEEN MADE TO BE AS ACCURATE AS POSSIBLE, WE DO NOT ACCEPT ANY LIABILITY FOR ERRORS OR OMISSIONS MADE BY US OR THE PRODUCTS' RESPECTIVE MANUFACTURERS. THIS LIST IS FOR INFORMATIONAL PURPOSES ONLY AND IS INTENDED TO SERVE AS A GUIDE.