

## POINT ROAD is a NUT FREE school

### Peanut and Tree Nut Free Snack List For CLASS PARTIES/CELEBRATIONS

(NOT a Dairy or Gluten free list)

2023-2024

When choosing a nut free snack for your child's class, it is important to ALWAYS check the label on the package to make sure it is free of peanuts and nuts of all kinds. This list is only to serve as a resource and is subject to manufacturer recalls and mislabeling. Manufacturers may have changed their equipment or product line and method since you last purchased an item from this sheet.

READING LABELS: Some manufacturers clearly state if a product has peanut or nuts in it while others, it is almost hidden. PLEASE READ THE LABELS, each time you purchase. Do not purchase items with the allergy and ingredient alert such as:

- "May Contain Peanut or Tree Nuts"
- "Processed on shared equipment with Peanuts or Tree Nuts"
- "Manufactured in a plant with Peanut or Tree Nuts"
- "Contains Peanut or Tree Nut Ingredients"

#### Bagels/Bread

Trader Joe's brand mini plain bagels (butter/cream cheese)  
Pretzella brand pretzel bites

#### Cheese/Dairy

Cheese sticks; Babybel rounds  
Siggi's and Stonyfield brand yogurt pouches

#### Cereal/Bars

Belvita Breakfast biscuits-blueberry, cinnamon brown sugar, and strawberry sandwich only

**Cereal**-Corn & Rice Chex, Frosted Mini Wheats, Plain & Multi Grain Cheerios (Cheerios brand only), Kix, corn and/or rice puffs

**Cereal Bars**- Kashi brand (strawberry, blackberry, cherry vanilla), Enjoy Life brand chewy, Nutrigrain brand, Nature's Bakery Fig bars

**Granola**-Enjoy Life; Made Good brand only

**Granola Bars**-Enjoy life brand health bars, Vermont Nut Free brand, Made Good brand, Kellogg's pastry crisps

#### Chips/Pretzels

**Chips**-Tostito tortilla chips (plain), Lays, Pringles, Wise and Deep River brand plain potato chips, fritos, plantain chips (trader Joe's brand), Sun Chips (original), Terra brand

(original), Cape Cod

**Veggie Straws/Chips**-Sensible and Good Health brand

**Pretzels plain**-Bachman, Goldfish and Herr's brand, Glutino gluten free pretzel twists, Snyder's gluten free

#### Cookies

School safe, Made Good; Enjoy Life brand (any flavor)  
Teddy and Bunny graham cookies - Nabisco, Keebler and Annie's brand

Oreos and Rice crispy treats (plain)

#### Crackers

Back to Nature brand classic round

Sea Salt (gluten free) Saltines (any brand) Wheat crackers-Wheat Thins, Triscuits, Back To Nature

**Animal crackers**-365 Organic Classic Vanilla (Whole Foods), Kinni-Kritters brand (gluten free) and Happy Snacks brand

**Graham crackers**-All brands are acceptable Goldfish crackers (any flavor)

**Rice crackers and cakes**-Kame brand rice crackers plain or salted only, Lundberg brand rice cakes (any flavor), Bamboo Lane brand rice rollers

#### Ice Cream/Ice Pops

Breyers natural vanilla ice cream snack cups  
Popsicle rainbow and firecracker ice pops

#### Fruits/Veggies

**Fruit sauces**- All are acceptable (applesauce, etc)  
Fruit roll ups and snacks- Annie's and Mott's brand; Stretch Island Fruit Company (gluten free)

That's it bars

Wholly Guacamole minis (mild)

Fruits and Vegetables-All are acceptable

#### Popcorn/Puffs

Popcorn plain all acceptable, Smartfood and Earth Balance brand white cheddar, Skinny pop; PopCorners Pirate brand- Veggie and Pirate Booty; Simply Cheetos Puffs

#### Safe Brands (dairy, nut, and gluten free)

Made Good

Safe Schools

Enjoy Life

Skinny Pop popcorn

Partake