

Parent's Quick Guide for Nut-Free Friendly Snacks

Peanut & Nut Butter Free Spread Alternatives/Dips:

- Sunbutter Sunflower Seed Spread
- Don't Go Nuts Soy Butter
- WowButter
- I.M. Healthy Soy Nut Butter
- Plain Hummus
- Guacamole

Produce:

- Fresh Fruits (apples, oranges, banana, grapes, watermelon, cantaloupe, pear, kiwi, blueberries, etc.)
- Fresh Veggies: (carrots, celery, broccoli florets, bell pepper strips, cherry tomatoes)
- Applesauce cup or pouch
- Canned fruits & veggies (look for "in its own juice" or "in water")
- Mandarin Orange fruit cup
- Raisins
- Dried Fruit

Salty:

- Pretzels
- Roasted Chickpeas
- Popcorn
- Crackers/Rice Cakes (Wheat Thins, Saltines, Plain Triscuits, Goldfish Cheddar)
- Pirate's Booty (puffed rice and corn snack)

Sweet:

- Graham Crackers/Teddy Grahams
- Nilla Wafers
- Fruit Leather or Fruit Snacks
- Marshmallows
- Fruit-Flavored Candy (Skittles, Starburst, Life Savers, Lollipops, etc.)
- Rice Krispy Treats (Pre-Packaged)
- Individual Chocolates (check for if processed w/nuts)
- Fig Newton's
- Jello/Pudding Cup

Dairy:

- Cheese (stick, cube, round, slice)
- Yogurt (tube, pouch or cup)

Simple Recipes/Combination Foods:

- Guacamole (avocado, lime juice, cilantro)
- Fruit Kebabs/Fruit Cheese Kebabs
- Caprese Skewers (tomato, basil, mozzarella ball)

**please beware of phrases on package labels 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"

**For a more extensive list of snacks considered safe, please visit <https://snacksefely.com/safe-snack-guide/>